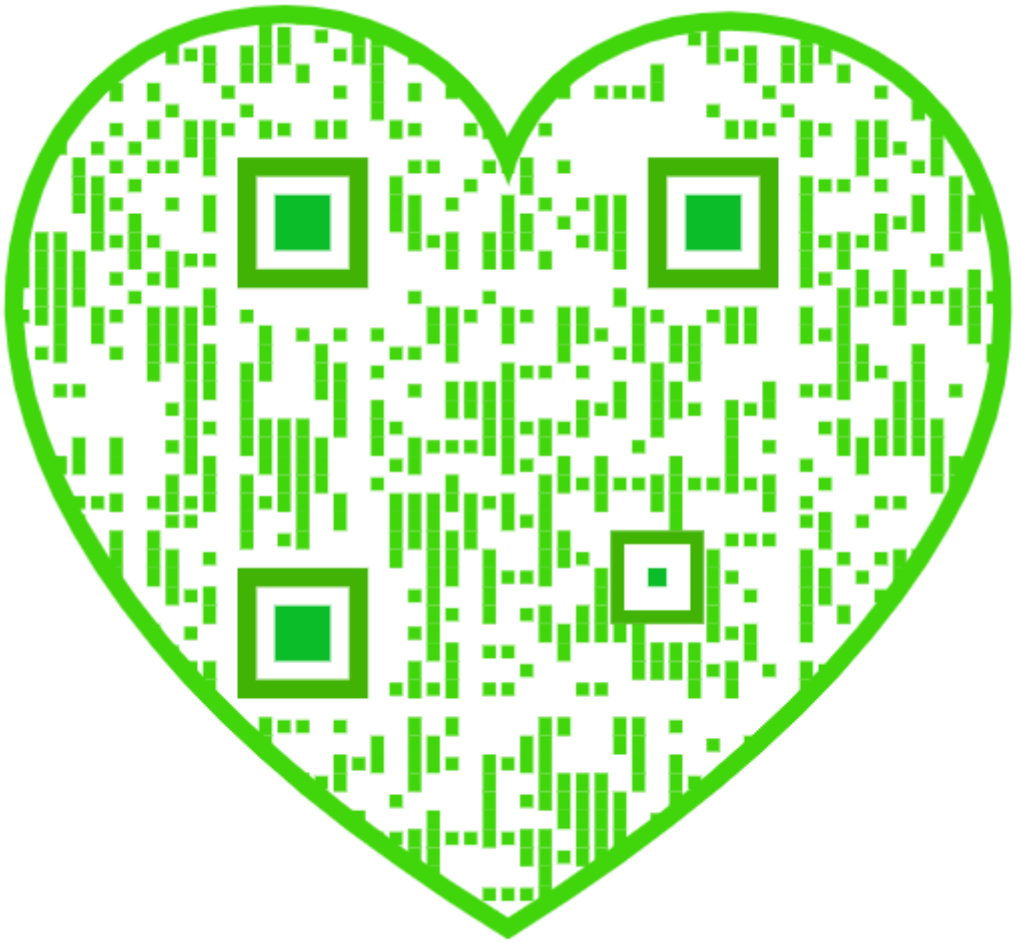
Cook Book 365

S. J.

PEARL



Class TX715

Book .P36

Copyright No.

COPYRIGHT DEPOSIT.

COOK BOOK 365

No. 2

By

MARY SHELLEY PECHIN

Copyright, 1915, by
Mary Shelley Pechin.

Published By

THE BURROWS BROS. CO.

TX715
P36

"Due nourishment we seek, not gluttonous delight."—*Milton.*

"To be a good cook means the knowledge of all fruits, herbs, balms and spices and of all that is healing and sweet in fields and groves, savory in meats; it means carefulness, inventiveness, watchfulness, willingness and readiness of appliance; it means the economy of great-grandmothers, the science of modern chemists, it means more tasting and no wasting."—*Ruskin.*

Wherefore do ye spend money for that which is not bread, and your labor for that which satisfieth not?—ISAIAH lv. 2.

APR 30 1915

©CLA398799

TABLE OF CONTENTS

	PAGE
The Nutritive Value of Foods	5
Soups	8
Fish	24
Beef	51
Veal	64
Tripe	73
Mutton	74
Lamb	79
Pork	82
Game	109
Chickens and Poultry	89
Eggs	114
Savories	122
Vegetables	129
Cocktails	162
Beverages	163
Sauces	169
Catsups and Pickles	188
Salads	195
Bread, Biscuits, etc.	206
Cakes	220
Sandwiches	237
Cereals	240
Pastry, etc.	249
Ice Cream, etc.	276
Preserves, Jams, etc.	284
Chafing Dish	296
Breakfasts	300
Food for Invalids	305
Nuts, etc.	320
Leftovers	324
Breading, Crumbs, etc.	325
Cheese	327
Things Worth Remembering	334

The Nutritive Value of Foods.

The following discussion of food values is largely the work of Mrs. Ellen H. Richards, the most distinguished teacher of Domestic Science, whose work has done much to rouse interest in this important question, which is now engaging the attention of the general public.

"Food supplies the wants of the body in several ways: It either—

"First. Is used to form the tissues and fluids of the body;

"Second. Is used to repair the wastes of tissue;

"Third. Is stored in the body for future consumption;

"Fourth. Is consumed as fuel, its potential energy being transformed into heat or muscular energy or other forms of energy required by the body; or

"Fifth. Is being consumed to protect tissue or other food from consumption."

We may regard food as the element of life upon which the power of man to sustain himself wholly depends.

The food of men must be suitable to the kind of work and to the intensity of the work—so that it may be assimilated. Each human being must have the true proportion of Proteid, of Fat and of Starch, with lesser proportion of the mineral salts; else, even with an abundance, he may not be well nourished.

As a rule the food of men and women is served without the slightest attention to proportions or to waste, following only under the pressure of necessity, a sort of blind instinct.

The cook's art can make savory the valuable food materials, but it can not make one pound of potato worth as much for nutrition as one pound of rice, or can it make one pound of sugar or of fat to yield the nitrogen which is found in meats and legumes.

The final object of food is nutrition. It is well worth our while to study food and food substances in order that we may know what to value and what to avoid and to know the food value of some of the common dishes as found on our tables without obscuring this value by the fancy garnishings or the many handlings so common in the modern recipes.

Among foods containing at least three-fourths of their weight in water are:

Asparagus	Cucumbers
Cabbage	Green Corn
Celery	Milk
Cherries	Onions
Cream	Oysters

Pears	String Beans
Potatoes, boiled	Tomatoes
Strawberries	Tripe

Among foods which contain as much fat as does milk are:

All meats, except very lean	Oatmeal
Only a few fish, like catfish and salmon	Cornmeal
	Chestnuts
Butter	Peanuts
Cream	Cocoanuts
Cheese	Walnuts
Eggs	

Among food substances which contain as much sugar as is found in milk are:

Honey	Syrups
Fried fruits	Beets
and ripe bananas	

But the adult has added starch to the sugar. This is not really in a separate class, because both come under the general term, carbohydrates. Also starch yields a sugar—must, in fact, be changed into sugar before it is a food for the human body. It belongs to the concentrated foodstuffs and is found in the seeds of all the grains that we eat. Before eaten, it should be cooked in much water, as in the case of cereals in order to be wholesome.

Foodstuffs which contain as much mineral salts as does milk are:

All lean meats	Most cereals
Cheese	Vegetables and fruits
Eggs	

The common foodstuffs contain the proteids or nitrogenous substances, taking milk as a well known example. To make the statement general, we find the following to be rich in nitrogen as most of them are rich in fat:

All the meats	Dried figs
All fish	All nuts
All cheese	Chocolate
Eggs	Beans
All cereals	Peas
All breads and crackers	Lentils
Dried apricots	

"Proteid" means that which furnishes new material to take the place of that used up in the wear and tear of the active parts of the organism, as

well as that which is essential to the building of new tissue. Hence the growing child needs more in proportion to its body weight than an adult. "Fat" and "carbohydrate" (starch, sugar, etc.) contain no nitrogen and therefore can not take the place of proteid, but they may to a certain extent replace each other, especially in adult life.

Caloric is a unit measure of heat used to denote energy-giving power of food. The following dietary estimates, based on food as purchased may be of interest:

Per Day.	Proteid. Grams	Fat. Grams	Carbohydrates. Grams	Calories.
Man at hard labor	150	150	500	4060
Man at light labor	125	125	400	3310
Woman at light labor	100	100	320	2650
Child of nine years	78	45	280	1890

Americans take far more fat in proportion to carbohydrate than any other nation. They are more active. Whether their activity follows from the use of fat is not known, only suspected.

Individual bodily condition also affects food utilization to an unknown extent, so that no one can rely on mathematical calculations of food quantities without at the same time taking careful record of bodily weight and efficiency.

Various other facts are needed before reliable estimates can be made; such as wastes in preparation, losses in cooking, in serving and in the portions taken away with the plates.

Soups.

Soup is intended to prepare for a dinner, therefore, the rich, thick soups, which are really a meal in themselves, should be omitted when a dinner of several courses is to follow. A light soup however, is a most excellent preparation for dinner, it is readily assimilated and excites the appetite.

Light, nutritious soups and broths should, therefore find a frequent place on every table.

Stock being the basis of all meat soups and sauces, it is essential that we should have a proper knowledge of the most complete and economical method of extracting from a certain quantity of meat the very best possible stock or broth.

Meat is composed of fibres, fat, gelatine, osmazome and albumen. The fibres are inseparable and constitute the remains of the meat after long cooking. Fat is dissolved by boiling; gelatine is dissolved and is the basis and most nutritious portion of the stock; when it is abundant, the stock when cold becomes a jelly. Osmazome is that part of the meat which gives flavor and perfume to the stock. When meat is roasted the osmazome appears to have a higher perfume, and so when you use the remains of roast meat in your soup you have always a finer flavor. Albumen is of the nature of the white of eggs.

Bones ought always to form a large part of the stock. They contain gelatine and a fat-like marrow, so by breaking the bones in pieces you obtain the best results.

Beef makes the best stock. Unless fowls are old and fat they give but little flavor to soup. Old pigeons make an excellent stock. The best stock is obtained from the freshest meat. When the meat simmered in the stock-pot is to be used as a meat course at dinner or for other meals it is more economical to have it in one piece. The stock-pot should always be kept covered, and the contents should gently simmer, the vegetables being removed when tender. The contents of the stock-pot should be carefully skimmed and strained, and above all, the stock-pot should be kept absolutely clean.

On the score of expense, it can safely be said that soup is an economy for much can be used in making a soup, that would otherwise be thrown away.

A rich nourishing soup, which contains some meat, vegetables, a little butter and possibly milk, furnishes a good mid-day meal, when accompanied by good bread and butter, with a small handful of raisins, dates or nuts for a finish, is really a better meal than a heavier one, if a return to work is necessary afterwards.

It is a mistake that soup must always have some meat as a basis—delicious

and very nourishing soups can be made without meat. Fish heads can be used to furnish a stock, in which vegetables can be cooked. The heads carefully cleaned contain much nourishment—these are usually thrown away. Asparagus, beans, beets, carrots, corn, cauliflower, cabbage, celery, onions, potatoes, spinach, tomatoes, turnips, all are excellent in soups. *Always add* one teaspoonful of sugar to all soups.

Bouillon.

Four pounds of fresh, lean beef, from the shin or leg, three carrots, three leeks, one small turnip, one head of celery, one bunch of parsley, one bay leaf, one onion with four cloves stuck in it, one garlic clove, one teaspoonful of sugar. Cut the beef into pieces, and put it into six quarts of cold water, four pepper corns, one and one-half tablespoonfuls of salt; let it come to the boiling point, carefully remove all the froth and fat, then let it simmer (not boil) slowly for an hour. Skim again, then add the vegetables, do not cut them into pieces, simmer for three hours, that is, kept at the boiling point, then remove the vegetables and meat and strain the soup. When needed remove the fat and re-heat the soup, not boiling it however. The fat is excellent for frying purposes. The vegetables can be warmed over adding some butter and a little cream, or they can form a basis for a soup again, by putting them through a strainer, adding to them some of the bouillon with a small lump of butter, the soup will be thick and cloudy, but with the addition of some toasted crackers will serve as a good lunch.

Cold Bouillon.

There is nothing more refreshing than a cupful of cold bouillon. It rests while it strengthens. Be careful in preparing it to remove every particle of fat. It is served at luncheons, broken into small pieces and placed in bouillon cups, or any pretty cups which may be available. Please remember that hot bouillon must be served very hot and cold bouillon ice-cold.

Remember always in making clear soups that quick boiling and careless skimming result in cloudy soup. With good bouillon you really have the foundation of all soups made with meat.

Asparagus Soup.

When asparagus is too old to use as a vegetable is the time to make it into a delicious soup. Boil the asparagus in water, until tender, then rub it through a sieve, add if you have it, some good stock to the water, chicken stock is perhaps the best. Fry in the frying pan one large onion, sliced with one tablespoonful of butter and when light brown, add one tablespoonful flour. Stir well and add the stock and asparagus pulp, cook together five minutes, then add one pint of cream or rich milk in which you have beaten

two egg yolks, add one saltspoonful salt, a little grated nutmeg, one teaspoonful sugar, let all boil once, then strain into the tureen, serve with little cubes of fried bread.

Artichoke (Jerusalem) Soup.

Two slices of lean ham, one-half head of celery, one onion, four pounds of artichokes, one pint of milk, or one-fourth pint cream and balance in milk, one teaspoonful salt, a pinch of cayenne, one teaspoonful sugar, a little grated nutmeg, two tablespoonfuls of butter, three pints of white stock. Cut the ham and the vegetables into pieces, place the butter in soup kettle, when hot fry the ham and vegetables in it, just color them for about fifteen minutes, stir carefully all the time to prevent burning. Wash the artichokes well, pare off the skins, cut them in pieces and add them with one-half of the stock to the other ingredients in the kettle; when the vegetables are tender, put in the balance of the stock, stir well, add the seasoning and when all have cooked ten minutes, mash through a sieve, then return to the soup kettle, add the milk, or cream, which must be hot, and serve. Serve fried bread cut in small pieces with the soup. This soup can be made equally acceptable by using all milk in place of the stock.

Brown Soup Stock.

Six pounds of beef from the shin (three pounds of meat and three pounds of bone), six quarts of cold water, one-half teaspoonful of pepper corns, six cloves, one bay leaf, three sprigs of parsley, three of thyme, three of sweet marjoram, one carrot, one turnip, one large onion, two stalks of celery, all cut fine, one tablespoonful salt. Wipe the meat with a clean, damp cloth—never wash meat for soup; cut the meat into small pieces, break up the bones; fry one-third of the meat with the marrow from the bones; put the rest of the meat with the bones into the soup kettle, add the water, let it stand one-half hour, then add the fried meat and cook all slowly, never boiling, only simmering, for six hours. Cover the soup tightly. One and one-half hours before finishing the soup, add the vegetables, then strain and cool quickly. The next day remove the fat before using the stock.

If a good nourishing soup only is desired, add any well broken bones, of turkey, game, chicken and pieces of roasted meat. The soup may not be quite so clear but it will be better, but remember, simmer, not boil the stock and strain carefully.

Baked Bean Soup.

It is always economy to make a much larger dish of baked beans than will be used at one time. Reserve a portion for salad and put the rest over the fire with a quart of water, some soup vegetables and herbs; simmer an hour

and press through a sieve; return to the fire, stir in a teaspoonful of flour wet with milk to prevent settling, and dilute the soup to the proper consistency with hot milk.

Black Bean Soup.

One pint of black beans, soak over night in three quarts of water; boil them three hours with any bones or meats you have, or with one pound of lean beef and a slice of salt pork, two onions, sliced, when the beans are very soft, rub the soup through a sieve, add a little spice and cloves, if liked. Cut up one lemon into thin slices and put in tureen with three hard boiled eggs, sliced and one gill of port or sherry (this addition is not necessary).

Bread Panada Soup.

Three pints of water, add three tablespoonfuls of bread broken in small pieces, one saltspoonful of salt, one tablespoonful of butter. Put these on a very hot fire and stir constantly for twenty minutes. Mix together the yolks of four eggs with one teacupful of cream or milk, one tablespoonful of butter, put the boiling hot soup into the tureen and pour into it the eggs and butter, stir well and serve at once.

Baked Soup.

Two pounds of any kind of meat trimmings or odd pieces, left from dinner, two onions, two carrots, two ounces of rice, one pint of split peas, one teaspoonful salt, a pinch of pepper, one teaspoonful sugar, four quarts of cold water. Cut the vegetables and meat into pieces, add all to water, put into a jar, cover closely and bake for four hours. This soup is good and nourishing and can be made and cooked in the oven, when the top of the stove is needed for other things.

Bouillon with Danish Dumplings.

Take one pint of milk, when hot, add one-half pound of pastry flour, or best white flour, which has been made into a smooth paste with one pint of cold milk. Stir this into the hot milk, keep stirring until it thickens and is smooth, then add one-half tablespoonful of butter, one-half teaspoonful of grated nutmeg. Stir together and remove from fire, let the mixture cool, when it is cold, add two eggs, beaten together until light, one teaspoonful salt, and beat all well together. When needed, cut the mixture into small pieces and drop them into boiling water for five minutes or until they seem well heated.

The pieces can be cut out in fancy shapes, or can be molded into little balls, before putting into the hot water. Have the bouillon hot and in the tureen, then put in the little dumplings.

Clam Bouillon.

Chop two cups of clams fine and put in a saucepan over the fire in their own liquor. Scald and skim, add two cups of hot water, one tablespoonful of chopped celery, one-half bay leaf, one sprig of parsley and a little white pepper. Bring to a boil, strain through cheese cloth and serve in cups with whipped cream on the top, or the cream may be heated and added to the bouillon without whipping. Clam bouillon can be made from the clam bouillon sold in bottles and is most excellent and nourishing.

Calf's Head or Mock Turtle Soup.

Take the water in which the head was boiled, add two pounds of veal, one onion, cut in pieces, two tablespoonfuls of finely cut up carrots, one turnip cut fine, three stalks of celery, one blade of mace, four cloves, twenty pepper corns, one bay leaf, two sprigs of parsley. Put all these into the frying pan with two tablespoonfuls of butter, fry until brown, then put into the soup kettle with the stock and veal; cook slowly for two hours, strain and return soup to kettle, add two lemons, cut in very thin slices (leave out the seeds), one wine glassful of sherry, or port wine, a saltspoonful of salt, a pinch of pepper. Mix two tablespoonfuls of flour to a soft paste with a little cold water, stir into the soup, add one tablespoonful of tomato catsup, let all come to the boiling point, then add some egg and force meat balls.

Any of the soup left over can be re-heated. The veal can be made into a stew for luncheon the next day or served cold. See recipes for egg and force meat balls.

Carrot Soup.

Put two ounces of butter or clarified dripping into a stewpan with an ounce of bacon, two small onions sliced, a stick of celery, cut up into small pieces, and six good-sized carrots cut into slices; cover the pan and let the vegetables simmer gently for ten minutes. Then add three pints of cold stock, a small blade of mace, salt and black pepper; let the stock boil up, draw the pan to the side of the stove where the contents may simmer until the carrots are quite tender. When they are ready, strain the soup and rub the vegetables through a sieve, put into the soup, then pour all back into the saucepan, and when it has boiled up, stir in a tablespoonful of flour which has been smoothly mixed with a little cold milk, and let the soup boil for a few moments. Add a tablespoonful of finely chopped parsley, and serve, accompanied by little squares of fried bread.

Celery Soup.

Take one quart of good stock either made from veal or the water in which chickens have been boiled; put on the fire one-half cupful of rice and

one pint of milk and grate into this the white part and the roots of two heads of celery; let all cook slowly, add more milk if the rice becomes too stiff; when it is tender mash through a colander and add to the stock, with one teaspoonful of salt, a little white pepper, a pinch of cayenne and let all boil up once. Serve. Be sure to have the stock hot before adding the rest of the soup.

Chicken Gumbo.

Put two slices of fat salt pork and one tablespoonful of flour into the frying pan, stir well together and when hot, put in one chicken, cut into small pieces, fry these pieces until well browned, then put them into the soup kettle (with the exception of the pork), add one pint of tomatoes, one pint of okra sliced, one onion, cut in pieces, one saltspoonful salt and two quarts of cold water. Cook these together for four hours very slowly, remember the soup must not boil. When the soup is needed, take out the chicken pieces, cut up all the breast or white pieces into small dice, return to the soup kettle, let the soup come to the boiling point and serve hot. Boiled rice cooked separately, can be served with the soup.

Chicken Broth.

Take one-half of an old chicken, remove the fat and skin, break up and pound the meat and bones then place all in a stewpan and add one quart of cold water with one tablespoonful of cut leeks or one small onion, twenty blanched almonds, one blade of mace, and a saltspoonful of salt. Stir the broth until it boils, then skim carefully; after that remove from the hot fire to the cooler part of the stove and let the broth simmer for two hours, strain the broth and put away to cool, unless it is desired at once. Serve with slices of hot toast. The almonds can be omitted and a little grated nutmeg put in their place.

Clam Soup.

Take thirty clams, boil them in their own juice for five minutes, drain, put the juice on one side while you chop the clams very fine. Put into saucepan, two tablespoonfuls of butter, two ounces of flour, which must be smoothly blended together, then add one pint of milk, the clam juice, a little pinch of cayenne, stir constantly; when smooth, add the clams and serve very hot. Toasted crackers can be served with the soup.

Claret Soup.

Soak one cup of sago in a little cold water for a few hours or until soft, add to one quart of boiling water, one-half cup of sugar, boil all these together, add one lemon, sliced very thin, one small stick of cinnamon, one pint of claret. Boil all these together, for two minutes and serve hot. If any of the soup is left, it can be served cold the next day.

Consomme.

Four pounds of beef, cut in pieces, one chicken that has been roasted for one-half hour, cut into pieces, add four quarts of cold water, put all into soup kettle, and one ounce of salt. As soon as the water comes to boiling point, skim, then add one small turnip, one leek, one onion with four cloves stuck in it, one-half of a bay leaf, one teaspoonful sugar. Boil all very slowly for four hours, strain, return to the soup kettle, with the white of one egg, beaten very light, let all come to boiling point and strain again.

Consomme can be served with toasted crackers, or with royal custard; when the custard is used it is called *"Consomme royal."* To prepare this, take two yolks of eggs and one whole egg, beat slightly together, add one-fourth pint of milk, one-fourth pint of consomme, a little salt; mix well together and bake in a small cup or mold, until the custard is solid, when it is cold, cut it into small dice and serve in the hot soup. Serve consomme in small soup plates or bouillon cups as a generous quantity is not desired at a formal dinner or luncheon.

Cock-a-Leeky Soup.

One scrag end of mutton or a small knuckle of veal and four large leeks cut in pieces. Simmer these in three quarts of water for one and one-half hours, then season with a saltspoonful of salt and pinch of pepper, add four more leeks and boil all for one hour longer, and serve all together. The quantity of leeks are divided so that the first ones will cook to a pulp and thicken the soup, while the others retain their form. If you have the water in which a leg of mutton or a chicken has been boiled, it will answer as well as the meat.

Corn Soup.

One quart of cold water, cook in it the kernels from six large ears of green corn, scrape the cobs well to obtain all the corn; boil until the corn is perfectly soft, then mash through the sieve. Take one tablespoonful of butter, mix with it two tablespoonfuls of flour until smooth, and to one pint of hot milk, add one teaspoonful sugar, salt and pepper, then put all with the corn in the soup kettle and boil the soup for one minute.

Corn Chowder.

Pare and slice one large potato and one onion and place in the soup kettle with one tablespoonful of butter. When brown, put a layer of onion, cover it with one cupful of corn, then the sliced potatoes, add enough water to cover all and simmer gently until the onions and potatoes are tender. Then add one quart of milk, one-third of a cup of cream. Remove from the fire as soon as the milk is hot and stir into the chowder the yolk of one egg beaten, and one tablespoonful of parsley chopped fine and one teaspoonful of sugar.

Crecy Soup.

One pound of carrots, sliced, four leeks cut fine, one onion sliced, one-half pound of butter, made hot in frying pan, add the vegetables and fry them in it for five minutes, then place in soup kettle and add one quart of chicken broth and one-fourth pound of bread crumbs; simmer all until the vegetables are cooked, then press all through a sieve, return to soup kettle, add one quart more of chicken broth, simmer for one hour, skim off the fat and serve. Fried bread cut into small pieces should be served with the soup.

Coloring for Soups.

One cup of brown sugar, six cloves, one cup hot water, let all boil until the liquid is quite dark in color, bottle and use a little when needed.

Another way is to take onions, slice them, place in a moderate oven, and leave until they are quite black chips, not burned—these are bottled and added to soup to color it.

Cucumber Soup.

Two large cucumbers, two onions, one quart of water, cook these together slowly until the vegetables are soft, then rub them through a sieve, return to water, add one pint of boiling milk. Mix together until smooth one tablespoonful butter and two tablespoonfuls flour, two tablespoonfuls of cream, one teaspoonful salt, pinch of pepper—stir into the hot soup, cook two minutes, serve with bread, cut into small pieces and fried.

Squash soup can be made in the same manner.

Fish Soup.

Put into the frying-pan one-half pound of butter, four carrots cut fine, three onions sliced, two heads of celery, cut fine, two shallots, cut fine or one clove of garlic, three cloves, one bay leaf, one little bunch of thyme and parsley; fry all these until they are brown; then add one pint of white wine and three quarts of boiling water, one teaspoonful of salt, and one saltspoonful of pepper; put with these six pounds of any good fish, let all simmer for two hours; when finished, strain through a fine sieve; serve hot.

Flemish Soup.

One dozen sliced potatoes, two heads of celery, two onions, four pounds of shin of beef, four quarts of water, simmer these for three hours, then add one teaspoonful salt, pinch of pepper, one pint of hot milk or cream and one teaspoonful sugar, strain and serve.

Game Soup.

Take the trimmings and bones of any cold game, break into small pieces and place in soup kettle; add two quarts of stock, if you have it, or else two

quarts of cold water, one carrot, one onion, one small turnip, one head of celery, all cut into small pieces. Let the soup come to the boiling point, skim, then place it on the back of the stove to simmer for three hours, then remove the fat and strain, return to the soup kettle. While the soup is making, boil two tablespoonfuls of barley until soft, take one-half of the cooked barley and add to it the yolks of three hard boiled eggs moistened with one tablespoonful of cream, stir into the soup slowly, adding last the rest of the barley.

Glaze.

This is one of the most valuable aids to good cooking—it will keep for years. It is not always possible to have stock in the house at all times, especially in summer—with glaze one does not need to have it.

Take six pounds of lean beef, the leg is best; part of a knuckle of veal, with the beef to weigh six pounds; cut all into small pieces with one-half a pound of lean ham; do not let any of the outside of the ham go in the soup pot. Put all into the soup kettle with five quarts of water, three onions with two cloves stuck in each, one carrot and one head of celery; let all come to the boiling point, then skim, and place on the back of the range and let all simmer for six hours—it is now an excellent foundation for clear soups or gravies by adding one teaspoonful of salt, but do not add any salt, if it is intended to reduce to glaze; just strain the stock through the colander, place in an earthen crock, put back the meat and vegetables with four quarts of boiling water and boil all four hours longer, then strain and place in another crock or bowl; next morning take the two stocks, heat them and strain again, then unite them in one large pot and let it boil as fast as possible, be sure not to cover it; when it is reduced to three pints put it into a smaller pot and boil until it is thick and of a brown color; be very watchful that it does not burn, as this is the dangerous time. When you have only a little over a pint, pour it into small jars or into sausage skins which have been well cleansed, or it can be poured on tins and dried by exposure until it is dry; if put into jars do not cover them until the glaze leaves the sides of the jar. To put the glaze into the sausage skins, tie one end very tight and pour the glaze through a funnel, into the skin, tie up the other end and hang it to dry; when the glaze is needed, cut a slice off this.

If you live in the country and raise pigs for your own use take some of the hocks to make the glaze in place of beef—it makes excellent glaze. *To use glaze,* cut a thick slice from the sausage skin, and dissolve in hot water, add some salt, and any finely cut cooked vegetables. To *decorate with glaze,* melt a piece of glaze in a cup over hot water and with a stiff brush dipped into the glaze paint the article, if your toast does not look brown as it should, put a little glaze over it after it is cooked.

Left Over Fish for Soup.

Put into the frying pan two tablespoonfuls of butter. When hot add a carrot, sliced, three onions, sliced, one head of celery (the coarse outside stalks) cut fine; three cloves, a little bunch of thyme and parsley. Fry these together for a few minutes, but not to brown them. Put into soup kettle with three quarts of boiling water. Use the water in which the fish was boiled, if you have it, and all the bones of the fish. There should be about five pounds of fish for this soup. A cheap kind of fish will make excellent soup. Cook for three hours, strain, return to soup kettle, add one cup of thin cream or milk and one tablespoonful of butter, a little salt and pepper. Serve slices of hot buttered toast with this soup. A fish soup can be taken by any one who has poor digestion or by an invalid.

Milk Soups.

Many nourishing soups can be made with milk without the addition of meat stock. Perhaps the one used generally is tomato soup. It is necessary to add at the time of serving a piece of good, sweet butter to the hot soup. Nearly all vegetables can be used to make soups, and in summer their use is recommended as nourishing and economical.

CORN—Cut from the cob and boil until tender in a little water, add water enough to hot milk to make the required quantity needed, with one tablespoonful of flour stirred with one tablespoonful of good butter, a little salt and pepper. This sounds very simple, but is a good soup.

Beets, lettuce, spinach, celery, cauliflower, onions, and carrots, all make good soups and one recipe will serve for almost all. The vegetables should be cooked in a little water until perfectly soft, then mashed through a coarse sieve, adding to this enough hot milk with the piece of butter and salt and pepper. A little cream is always a desirable addition. By using the water in which the vegetables are cooked adding it to the milk all values are preserved of the vegetables. One teaspoonful of sugar should always be added.

Mutton Soup.

One neck of mutton, cut into pieces, three carrots, two turnips, two onions, all sliced, a small bunch of sweet herbs, one tablespoonful of chopped parsley, one teaspoonful salt, one pinch of pepper, three pints of cold water. Simmer all these for four hours, then skim, pass the soup through the sieve, return to kettle and make very hot. Add a cupful of barley which should have been cooked separately while the soup was making.

Minestrone—A Favorite Italian Thick Soup.

Three quarts of boiling water, well salted, one piece of salt pork the size of an egg; one large clove garlic; chop the garlic fine with the pork; this is

absolutely essential; one handful of lima beans, one-half carrot, one-half a small turnip, both chopped fine, add these to the water and boil for twenty minutes, then add two large tomatoes (stewed and strained), two potatoes, chopped fine, one ear of corn, the kernels cut off; one-half a medium sized cabbage—use pieces of the leaves as large as your hand, but remove the thick stem, one-half a pint of rice; boil slowly, covered one-half an hour or until the rice and cabbage are done, no longer, as the cabbage becomes watery if cooked too much.

Normandy Soup.

One knuckle of veal, one quart of white button onions, four quarts cold water, one-half loaf of bread, one quart of cream or one-half cream and one-half milk, two tablespoonfuls of butter, two tablespoonfuls of flour, one teaspoon salt, one pinch of pepper. Put the veal, well cracked, into the soup kettle with the water and onions, let all simmer for two hours, skim, and add the bread cut in slices, simmer slowly for two hours more, remove the knuckle and press the ingredients through a sieve. Rub the butter and flour to a smooth paste, stir it into the soup until it thickens, then add the cream, which should be hot, salt and pepper.

Onion Soup.

Fry six large onions in some butter or good dripping until they are brown, then stir in with the onions, one tablespoonful of flour, add one quart of hot water; stew the onions till tender, add one teaspoonful of salt and one teaspoonful sugar; when the onions are done, strain the soup into a hot tureen and stir quickly into it the yolks of two eggs in which put one tablespoonful of cream. Put into the soup tureen two slices of hot toast before pouring in the soup.

Onion Soup Baked.

Place in a dish which will stand the heat, some slices of bread with the crusts left on. Fry three onions in a pan with one tablespoonful of butter until brown, put these on the bread, and then fill up the dish with some good consomme or stock; sprinkle on the top some grated cheese, cover the dish and let the soup bake in the oven for ten minutes; the soup is really better served in the same dish. If this is not liked, be sure the tureen is hot before the soup is poured into it, and that it is served at once.

Oxtail Soup.

Cut the oxtail into small pieces, put these into the soup kettle with enough cold water to cover, when this boils, remove from fire, strain off the water, wash off the meat, put it into the soup kettle and add two quarts of stock, or water if you have no stock, add four onions, in which stick four cloves,

some strips of celery, cut up, three carrots, one turnip, two leeks, a small bunch of herbs, one blade of mace, twelve pepper corns, let all boil gently for four hours, then strain the stock, remove the meat from the vegetables. Skim off all the fat, put it in small pan, and stir into it two tablespoonfuls of flour. Take all the vegetables, mash them through a rather coarse sieve—add the pieces of meat, re-heat, add the flour, to thicken and if desired a wine glass of sherry can be added. Serve plain boiled rice with the soup.

Oyster Chowder.

Two slices of salt pork, cut fine, one onion sliced, one pint of oysters, one pint of sliced potatoes, one quart of rich milk, one-half cup of fine cracker crumbs, a little salt and pepper.

Cook the potatoes until they are tender; fry the onion and salt pork until they begin to color, strain them into the oysters; cook the oysters in their own liquor until they are plump, add the potatoes, cracker crumbs, and last of all the milk. Keep it hot, and stand for one-half hour where it will not cook, to ripen—this chowder depends on two things—the richness of the milk, and the ripening process.

Oyster Soup.

One quart of oysters, one quart of milk, one-half pint of cream, two tablespoonfuls of butter, one dessertspoonful of flour.

Put into the stewpan the oysters in their own liquor, do not let them boil; stir together in another stewpan the butter and flour. When mixed, add the milk, let them boil and then add the oysters drained from the liquor, add the cream, a little salt, pepper and two blades of mace. If convenient, add two tablespoonfuls of clam juice, it gives a delicious flavor to the soup.

Pea Soup.

One pint of fresh or canned peas, boil them until they are perfectly soft in one pint of water, then mash them through a sieve. Add to the pulp and liquor one pint of cream or one pint of milk, one teaspoonful of sugar, a little salt and pepper and one tablespoonful of butter. Let these all come to boiling point. Serve hot, with toasted crackers. Some whipped cream added is an addition.

Dried Pea Soup.

Soak one pint of yellow split peas over night. Next morning place them in the soup pot with two quarts of water, with just a little bit of soda, add one carrot cut fine, one turnip cut in pieces, one onion sliced, one head of celery, cut fine; when the vegetables are tender add one teaspoonful salt, one-fourth teaspoonful of pepper, one teaspoonful of sugar. Strain the soup

through a colander, rubbing the vegetables well, then return to the soup pot, and keep hot. Fry some bread until brown in butter, cut into pieces and serve with the soup.

Pea Soup from Old Green Peas.

Peas which are too old to be acceptable when served as a vegetable make a delicious soup. Wash the pods carefully, boil them for fifteen minutes, remove them from the water and boil in this water the peas. Add one onion, one teaspoonful of sugar, a little salt and enough hot water to make the amount of soup necessary for the family. If you have a slice of boiled ham, a lean slice, or a bit of ham bone, put them in with the peas. When the peas are soft, mash them through a sieve, add to the soft paste one tablespoonful of flour. Stir this paste into the hot soup with two tablespoonfuls of butter, or, if you have cream, one tablespoonful of butter and one-half cup of cream. The flour mixed well with the peas prevents their settling. If you have plenty of milk, use milk in place of the water. Serve little squares of fried bread with the soup.

Gouffe's Pot-Au-Feu.

Take four pounds of lean beef, put it in the soup kettle with six quarts of water to simmer for three hours, just before the soup reaches the boiling point, add one wineglass of cold water, then skim, then when it is ready to boil again, repeat the cold water and skim. Do this three times, the reason for this is to keep the soup from actually boiling until all the scum has risen to the surface, if having boiled once, it is impossible to make the soup clear. After three hours' simmering, add six ounces of carrots, six ounces of turnips, six ounces of onion, one-half ounce of celery, one clove, one teaspoonful salt; the vegetables must simmer for two hours, then strain the soup and cool rapidly. If consomme is wished, boil some of this stock down to one-half the quantity. The meat and vegetables can be used in various hashes and stews, but the real strength of both meat and vegetables is gone, though palatable dishes can be made of them by adding some butter when re-heated.

Potato Soup.

Boil the potatoes, rub them through the colander into two quarts of rich hot milk, one tablespoonful of chopped parsley, one onion, a little salt and pepper; cook one-half hour, then stir in one tablespoonful of butter—beat two eggs with one-half teacup of cream, stir in quickly, and serve with fried bread cut in small cubes.

Pumpkin Soup.

Two pounds of yellow pumpkin, take off the rind and remove the seeds, cut into small pieces; put into the stewpan with one tablespoonful of sugar,

a little salt and one pint of boiling water; simmer together until the pumpkin is tender, then drain and mash through a colander; put back into the stew-pan, add one quart of boiling hot milk, boil for a minute longer, then pour into the soup tureen over a slice of bread.

Quenelles for White and Clear Soups.

One tablespoonful of butter, when melted add one dessertspoonful of flour and one tablespoonful of cream so as to make a thick cream, add one tablespoonful of grated cheese, a little salt, pepper and nutmeg; beat the mixture until it is smooth and firm, and leaves the sides of the saucepan. Let cool. Mold into quenelles with a teaspoon dipped in hot water when needed, poach them in hot stock or water and serve in the tureen.

Rice and Tomato Soup.

Five cups of brown soup stock; cook in this, one-half cup of rice until it is tender. Cook together one bay leaf, two cups of strained and stewed tomatoes, two slices of onion, ten peppercorns, two stalks of celery, cut fine; cook for one-half hour, then strain into the stock, add one teaspoonful of Worcestershire sauce; rub together one-half tablespoonful of butter and one and one-half tablespoonfuls of cornstarch; stir this into the soup and cook for fifteen minutes, add one teaspoonful of salt, a little pepper, and serve hot.

Souffle Balls—To Serve in Soup.

Cook one-half cup of cold milk with one tablespoonful of butter, when the milk is at boiling point, add a scant cup of pastry flour and stir well, let it boil until the mixture leaves the sides of the boiler, then let it cook about ten minutes, adding two unbeaten eggs, one after the other, beating them in until the paste is smooth, then cool. Roll out the paste when cold until it is a scant one-fourth of an inch thick, cut into very small balls, the size of large peas, and fry them in hot fat. They should swell up into hollow tender souffles.

Turnip Soup.

This is perhaps unusual, but the soup is good. Boil six good sized turnips until tender in a very little water, then pour off this water and add one quart of good stock, either of lamb or mutton, finish cooking the turnips in this, then remove from the kettle, mash until smooth, add one cupful of mashed potato, a little pinch of grated nutmeg, one teaspoonful salt, one-half teaspoonful pepper, one teaspoonful sugar and one sprig of mint, return to soup kettle, stir well into the stock, strain. Serve with some small squares of fried bread.

Soup a la Reine.

One chicken, one ounce of sweet almonds, one cup of bread crumbs, one-half pint of cream, one lump of sugar, two quarts of good veal stock. Boil the chicken until it is tender, then remove from the soup kettle, pull off the meat from the bones, pound it with the almonds in the mortar; when smooth, return to the soup kettle with the bread crumbs and let all simmer for one hour, then rub through the sieve, add the sugar, a little salt, and the cream made hot, take the crust of the loaf and place in the tureen; pour over the soup.

Cream of Spinach.

Wash and pick over the spinach carefully and put it on to cook until soft and tender, then press enough through a sieve to make a generous pint of the pulp, add to this one quart of rich chicken or any good, white stock; when it becomes very hot, take one tablespoonful of butter and two tablespoonfuls of cornstarch or flour and rub together until smooth, stir this into the soup and continue to stir until very smooth. Season with salt and white pepper; return to the soup pot and add a cup of cream, beat all the time after the cream is added with an egg-whip—this you will find makes it very light. Serve immediately; it should be very hot.

Cream of Asparagus, Cream of Celery, Cream of Beets, Cream of Corn, Cream of Lettuce and Cream of Green Peas are all made in the same manner.

Tomato Soup.

Boil one can of tomatoes or four large raw ones in one quart of boiling water for twenty minutes, then add one pint of sweet milk, a pinch of soda, one teaspoonful of salt, a little pepper, and two tablespoonfuls of butter; let the mixture come to boiling point, then strain and add eight small crackers, rolled fine.

Tomato Cream Soup.

One quart of canned or three quarts of ripe tomatoes; boil slowly for one hour, then strain, add a little chicken broth if convenient, one saltspoonful of salt, one-half saltspoonful of pepper, a small pinch of soda; boil five minutes and add one pint of whipped cream. Stir together and serve at once.

Tapioca Soup.

Boil three pints of broth with two tablespoonfuls of tapioca, when well mixed cover the stewpan and let the soup simmer for a half hour then skim, add tablespoonful of butter, one cup of cream, a little salt.

Vegetable Soup.

One quart of good stock, two carrots, cut fine, two onions cut fine, one potato cut fine, one turnip cut fine, one bunch of parsley, one teaspoonful of salt, a little pepper. Cook the vegetables in the stock until tender, and then serve all together. The stock can be omitted and water substituted or milk. Vegetable soups, clear and thick, are extremely palatable; being agreeable and wholesome, especially in warm weather, when fresh vegetables are abundant and full of juice and fragrance. Nutritious and palatable soup may be made from fish of the cheaper sorts, using fish in place of meat for the stock.

Vegetable soup can be made without the stock, using water in its place, and increasing the amount of vegetables a little, adding at the last one tablespoonful of butter.

Veal or Mutton Broth.

To each pound of meat and bones add one pint of cold water, skim and add one teaspoonful of salt, six peppercorns, one blade of mace, one bunch of sweet herbs, two carrots, cut in pieces, two onions cut fine, one potato, one turnip cut fine, one teaspoonful of sugar, one-half cup of rice; boil slowly together for four hours, strain and let it cool, then skim off the fat, and re-heat.

White Stock.

One knuckle of veal, any cold poultry, four slices of ham, three carrots, two onions, one head of celery, twelve peppercorns, one teaspoonful salt, one blade of mace, one bunch of sweet herbs, four quarts of water, one tablespoonful of butter. Cut the veal, put it and the trimmings of poultry and the ham into the soup kettle with the butter, moisten with one-half pint of water and simmer until the gravy flows, then add the four quarts of water and the remainder of the ingredients; simmer slowly for five hours, skim, and then strain through a fine sieve, and it is ready for use, but it is better to let it cool so that when cold all the fats can be removed, the fat can be used for frying purposes, the soup when needed *re-heated,* never boiled again.

Fish.

One of the father's of the church, St. Augustine said "Fishes were spared from the malediction because it was not the fish of the sea, but the fruits of the earth which contributed to the fall of the first parent."

Fish should have a place on our table as frequently as possible; it is next to meat in nourishment; it is easier of digestion; it is a good brain food and in most places it is cheaper than meat.

It is often deficient in flavor, but this can be remedied by rubbing a little vinegar over it and adding a small bunch of sweet herbs with an onion to the water in which it is cooked. While boiling certainly extracts some of the juices of the fish, yet this water can be used as the basis of a fish soup.

As fish contains but little fat, it is easily digested and is especially adapted to all those upon whom there are great demands for nervous energy.

Salmon is the fish that contains the most nutritive qualities and is richer than meat.

Fish should be perfectly fresh, perfectly cleaned, and as far as possible, perfectly cooked. Perfectly fresh fish feel firm and hard, the eyes bright—the reverse of these proves the fish not fresh and therefore unwholesome. Wash fish, never soak it, wipe with a cloth wet in salted water, wrap fish in a dry cloth, keep sprinkled with salt and keep cool. If there are scales, remove them by scraping from the tail to the head with a sharp knife.

Small fish, like smelts, are opened under the gills and the insides squeezed out with the thumb and forefinger. Usually fish are put into salted boiling water, but after the fish is put into the water, do not let the water boil hard—the fish breaks easily. Salmon, mackerel, or oily fish, are better put on in cold water and brought quickly to the boiling point—then simmered.

To fry fish, after it is cleaned, dry it (be sure it is dry), and lay on a board, and with a small brush apply a coating of beaten egg then roll the fish in bread or cracker crumbs, cover both sides; another way is to lightly flour the fish before putting it in the pan, watch and turn as soon as one side is browned then remove to a hot platter as soon as the other side is browned.

To fry in deep fat, have a hot fire and plenty of fat. This may be of lard or beef drippings—the fat must be of a very high temperature before the fish is put into it. When a blue smoke comes from the fat it is about right—or throw into the fat a small piece of bread, if it browns instantly, the fat is ready, four or five minutes will fry the fish, unless it is a large one—then stick a fork in the thick part, if it comes out easily, the fish is done. Smelts or small brook trout will fry perfectly in three minutes.

Remember about the hot fat, if it is lukewarm, the result is it soaks into the food.

Fish is better fried than boiled; water extracts the juices and flavor; always use a deep kettle with plenty of fat for frying.

Roasted or baked fish are always good, and Sir Henry Thompson advises that fish be so prepared. He says: "Even a coarse kind of fish if baked with a few slices of bacon will yield a good nutritious meal, which will cost only one-third of an average meat meal.

"To bake, place the fish in a tin vessel only slightly deeper than its own thickness, with a lid to prevent the escape of the flavor; the dish to be well buttered, placed in a closed oven and the fish served in the original dish if possible."

See that the fish is thoroughly clean and dry, sprinkle salt and pepper both inside and outside of the fish—it is well to put a greased paper over the fish, a good hot oven will bake a good sized fish in 20 minutes, if the fish is stuffed, a little longer time is necessary.

While pure olive oil is undoubtedly the best frying medium for fish as for many other articles of food, beef drippings come next to it, then lard.

After using, the fat should be strained, poured into a clean bowl and put in a cold place—the impurities will sink to the bottom of the bowl and the fat will be clean and ready for use again. Of course care must be exercised that the fat is not allowed to burn.

Fat in which fish has been fried can only be used afterwards for frying fish.

Baked Fish with Sauce.

In a pan containing two inches of water, put two tablespoonfuls of cider vinegar, one teaspoonful of scrapped onion, one-half bay leaf, a little bunch of sweet herbs, thyme, s. marjoram, summer savory, six pepper corns, one pint of tomatoes, either fresh or canned.

Put in the fish, baste frequently with the water, when the fish is cooked and well browned—for a large fish one-half hour will be required, less time for a smaller one; take out the fish, place on a hot platter. Strain the gravy, add to the strained gravy one tablespoonful of butter and three tablespoonfuls of cracker crumbs, garnish the fish with slices of lemon and sprigs of parsley.

Fish with Cucumbers.

Cucumbers are always acceptable with fish. They should be perfectly fresh, rendered digestible by slicing several hours before they are to be used, covered with ice to crisp and chill them. They should be slightly dusted with pepper, drained and a little good vinegar added, before serving.

Fish with Bacon.

Almost any fish is appropriately served with slices of bacon, cut very thin and fried crisp.

Fish Boiled in Court Bouillon.

Put on the bottom of a fish kettle a bed made of sliced carrots, onions, one lemon, some parsley, thyme, bay leaf and one tablespoonful of whole pepper grains. On this bed place the fish and cover with half white wine and half cold water, or water with three wine glasses of good vinegar. Have a moderate fire and as soon as the liquid boils, take off the kettle and remove the fish. Serve with a white sauce. The bouillon can be strained and used several times, but be sure to re-boil it every three days.

Boiling Fish.

In boiling delicate fish, such as salmon, cod or halibut, plunging into boiling water tends to break the fish; it should be put first into water that is on the point of boiling, kept at this temperature for a few minutes and then allowed to fall several degrees and cooked at about 180 degrees F. The fish will then be delicate and keeps its form.

Boiled Cod with Sauces.

Three pounds of fresh cod, boil the cod for twenty minutes wrapped in a piece of cheese cloth, place a few slices of lemon on the fish to keep the fish white, put one onion with four cloves stuck in it in the water and a tablespoonful of salt. When the fish is cooked, remove from fire, take off the cloth, place fish on hot platter, decorate the fish with slices of hard boiled eggs and sprigs of parsley.

To make the white sauce, put two tablespoonfuls of butter in a double boiler, when hot stir in two tablespoonfuls of flour, when smooth add one cup of hot milk or cream, stir well, add two hard boiled eggs chopped fine.

Oyster Sauce. Boil the oysters for the sauce in their own liquor until they frill or curl a little, then add them to the white sauce, omitting the eggs.

Fish Chowder 1.

Take a cod of six or eight pounds, clean it well, leaving the skin on. Cut it into thick slices of a pound and a half each, preserving the head entire. Cut a pound and a half of clear fat salt pork into thin slices. Cut into thick slices twelve potatoes. Fry the pork first in the largest kettle you have. Leave the fat, take out the pieces of pork and add to the fat a little water. Cover the bottom of the kettle with a layer of fish, then a layer of potatoes; add two tablespoonfuls of salt and one teaspoonful of pepper, then put in the pork, a layer of fish and the remainder of the potatoes. Put in enough water to cover all that is already in the kettle, and place it over a good fire to boil for twenty-five minutes. Have a quart of boiling milk ready and ten hard crackers split and dipped in cold water. After these have been added let the whole boil five minutes longer. An onion may be added for any who desire that flavor.

Fish Chowder 2.

Put one-half pound of sliced salt pork in the bottom of a soup kettle and fry until brown, remove pork from kettle and put in layers of potatoes, onions and fish all sliced, seasoning each layer well with salt and pepper, using about three pounds of fish and one quart each of potatoes and onions. Cover with cold water and cook slowly for half an hour, then add two pounds of pilot biscuit soaked for two minutes in warm water and boil the soup five minutes longer, and serve.

Cod or Haddock make the best chowder. The fish must be skinned and well cleaned. The addition of one can of tomatoes is liked by many.

Maryland Chowder—3.

There is nothing better for a chowder than a large cod or haddock. Two pounds of fish, one-half pound of water crackers, two ounces of butter, one pint of oysters or clams, one gill of cream, one gill of water, one onion sliced, one tablespoonful of salt, one-half teaspoonful of pepper, one-half teaspoonful of mace, one-third teaspoonful of cayenne. Put the water into the soup kettle, then the onion, one-half the fish, the skin side down; sprinkle in one-half of the oysters or clams, cover all with part of the butter in small lumps and one-half of the crackers, the rest of the fish, oysters, seasoning, butter and crackers; pour over the cream having first boiled it. If the oysters have much liquor, you do not need the water; if the chowder is too dry add a little more water, cover closely and cook one-half hour, serve on a platter; milk may be used instead of cream. One-half pound of bacon or salt pork gives a good flavor. To be eaten on plates with a fork, not as a soup.

Codfish, Creamed.

Soak two cupfuls of cod fish for one hour in lukewarm water, then drain and pick all the fish into small bits, carefully taking out the bones, cook in a little water for 15 minutes, melt three tablespoonfuls of butter in the double boiler, add as it melts two tablespoonfuls of flour, stirring well until it froths up, then remove to a cooler part of the stove and add slowly one and one-half cupfuls of milk, put on hot part of stove and boil until the sauce is thick, put in the fish drained from the water in which it has been cooked, add a pinch of pepper, and the yolk of one egg well beaten. Serve on pieces of toast. Plain boiled potatoes are usually served with creamed cod fish, but any sort of prepared potatoes are equally good.

Clams, Raw.

Serve on powdered ice, same as oysters.

Quohogs Clam Cakes.

One pint of quohogs chopped fine, two eggs, one teaspoonful of baking powder, a little salt, just enough flour to stick them together. Do not use the liquor that comes with the quohogs. Fry on griddle or drop in hot fat;

Stuffed Clams.

Chop your clams very fine, add as much bread crumbs soaked in milk as you have clams; season with salt, pepper and parsley; mix well and add the yolk of one egg. Put one tablespoonful of butter into the saucepan, when hot add the clam mixture, fry and add one tablespoonful of tomato sauce; fill the clam shells, keep warm until served.

Crabs can be served in the same manner.

Clam Fritters.

An excellent breakfast fish is clam fritters. Chop fine two dozen clams, make a batter with one pint of flour, in which has been sifted a level teaspoonful of baking powder; add a cup of sweet milk and nearly as much of the clam liquor, and two eggs beaten light, beat hard until it is a smooth batter, then stir in the chopped clams; put plenty of lard in the frying pan and let it become boiling hot; put in the batter by the spoonful and cook slowly, when one side is browned turn the fritters and brown the other side. The batter may be cooked on a griddle like pancakes if preferred.

Cream of Crab.

Put one large tablespoonful of butter in a saucepan, let it brown, then stir in one tablespoonful of flour, when thick put in one pint of milk, a little cayenne, one saltspoonful of salt and one blade of mace; add two cups of crab meat and let all boil together for fifteen minutes, add lastly one-half teacupful of cream and one teaspoonful of chopped parsley, and serve.

Deviled Crabs.

Crabs are in season in May, June, July and August.

Crabs must be boiled alive, like lobsters.

Boil twelve crabs, when cold take out the meat.

Put four tablespoonfuls of cream in the double boiler, when hot add two tablespoonfuls of butter as soon as this sauce thickens, add the crab meat, one tablespoonful of finely chopped parsley, one teaspoonful of salt, one-half saltspoonful of cayenne, one-half teaspoonful of lemon juice, the finely mashed yolks of four hard boiled eggs; fill the shells, which must be washed clean and dried, with the mixture, closely to the edge of the shells; take the beaten yolk of an egg and baste the crabs well with it, and then sprinkle with bread crumbs; fry for two minutes in deep boiling fat; only put two shells

at a time in the fat. If the fat is not convenient omit the egg and pour over each shell a little melted butter and bake in the oven for five minutes.

Soft-Shell Crabs.

Clean crabs, sprinkle with salt and pepper, dip in crumbs, egg and crumbs, fry in deep fat and drain. Being light, they will rise to top of fat and should be turned while frying. Soft-shell crabs are usually fried. Serve with sauce tartare. To clean a crab. Lift and fold back the tapering points which are found on each side of the back shell, and remove the spongy substance that lies under them. Turn crab on its back and with a pointed knife remove the small piece at lower part of shell, which terminates in a point; this is called the apron.

Place on hot dish, serve hot.

Creamed Baked Cod.

Three pounds of fresh cod, one pint of cream, two tablespoonfuls of butter, one even tablespoonful of flour, yolk of one egg, one saltspoonful of salt and pepper. Boil the fish twenty minutes in water and then pick it fine with a silver fork. Heat the cream in a double boiler; mix the butter and flour together and add to the cream when boiling hot; when thick, take it off the stove, stirring constantly and add the yolk beaten with one tablespoonful of water, then add the fish; mix together and put into a dish, cover the top with cracker crumbs and pour melted butter over the top; bake until brown.

Fish, Creamed.

Boil a white fish, about three pounds for fifteen minutes, then take from the water and let it cool; when cool, mince it very fine after having carefully removed all the bones; butter a baking dish. Boil one pint of milk; stir together three tablespoonfuls of flour, and two tablespoonfuls of butter; when smooth stir into the hot milk with three sprigs of parsley, two onions minced fine, and the yolk of one egg beaten light. Place a layer of the fish in the dish, then a layer of the sauce, and so on until the dish is full. Spread a thin layer of bread crumbs, which have been lightly buttered, over the top, and bake for one-half hour.

Fish Chops.

These can be made with salmon or any other fish.

Take one-half pound of cooked fish, carefully remove all the bones and particles of skin, shred very fine; add to the fish two teaspoonfuls of salt, one-half teaspoonful pepper, one-half teaspoonful of cayenne and one teaspoonful of onion juice. Boil one cupful of milk; when boiling stir into it three tablespoonfuls of flour, well mixed with one tablespoonful of butter;

when thick remove from the fire and add the yolks of three eggs; stir them well into the milk, add the fish, place on the fire again for two minutes, then add one teaspoonful of lemon juice. Spread the mixture on a platter and let it rest on the ice for several hours to become stiff; when required take one tablespoonful of the mixture, form into a chop, and make all of the mixture into chops; roll each one in beaten egg, then into fine crumbs, and fry in deep hot fat for two minutes; serve with a tomato or Hollandaise sauce.

Fish Cream Cutlets.

Chop, with a silver knife, one pound of uncooked halibut rather fine, add one teaspoonful salt, two tablespoonfuls of minced almonds, a drop or two of onion juice, a dash of cayenne, and the unbeaten white of one egg. Mix well, and stir in a half pint of whipped cream. This cream must be stiff and firm. Put this mixture into small cutlet shaped molds. Stand them in a steamer, and cook about ten minutes. Turn carefully from the molds. Cover the bottom of the serving dish with cream sauce on it, arrange the cutlets, put a sprig of double parsley in the "bone" end and serve very hot.

Soft-Shell Crabs, Fried.

Remove the spongy part and the sand bags from the sides; wash, wipe dry and drop into deep hot fat; cook for five minutes, take them from the fat, with a skimmer, sprinkle over them a little salt and serve very hot.

Only fry two crabs at one time in the fat.

Soft-Shell Crabs, Broiled.

Wash, dry, remove the spongy parts and sand bags, brush the crabs over with melted butter or with cream; lay them on a hot broiler and cook for five minutes; serve on hot toast.

Eels.

Be sure to buy country eels, rather than city ones, don't select the large eels, one pound ones are better than larger ones. Skin and clean the eels carefully, do not leave any of the fat on the inside, then cut them into two-inch lengths, put into sauce pan cover with cold water, add one teaspoonful salt and some sprigs of parsley, stew slowly for one hour. Take one tablespoonful of butter blend with it one tablespoonful of flour, a little pepper, moisten with a little cold water, stir into the stewpan from which you will have removed the eels. Let the sauce boil once, then turn it over the eels, serve them in rather a deep dish.

Frogs' Legs, Fried.

Place the frogs' legs in boiling water with one teaspoonful of salt and one tablespoonful of lemon juice; let them remain for five minutes, then drain, wipe dry, dip in fritter batter and fry in deep boiling fat.

Frogs' Legs, Stewed.

Scald the legs, then put into the stewpan with hot water enough to cover them; add a little salt, pepper, a few sprigs of parsley, one tablespoonful of lemon juice, one-half an onion, one bay leaf and one carrot; stew until tender, then take from the pan. Strain the liquor and add one-half cup of cream; let this boil, then pour it over the frogs.

Fish Hash.

Use any fish left from dinner carefully looked over that no bones remain. Chop the fish until quite fine, add the same amount of cold boiled potatoes as fish, also cut into small pieces, season with salt and pepper. Put a few slices of salt pork in the frying pan, when brown remove the pork, take some of the hot fat and stir into the fish and potatoes, then put all into the pan, brown and turn one-half over on the other half, take from pan. Place the slices of fried pork around the hash with some sprigs of parsley, if convenient.

Halibut Steaks.

Wash and wipe the steaks.

Beat two eggs, add one tablespoonful of hot water to them. Have some cracker crumbs dry and very fine, dip each steak into the beaten eggs, then into the bread crumbs, season the bread crumbs with a little salt and pepper. Fry the steaks in hot lard, good beef drippings, or olive oil. The steaks can be broiled over a clear fire on a buttered broiler, but it is no easy task to broil fish as the drippings smoke making the kitchen disagreeable.

Hot Halibut, or Cod Pie.

Two pounds of fresh halibut or cod; remove all bones and chop the fish fine; butter a china baking dish, sprinkle on the bottom two tablespoonfuls of chopped parsley and shallots, then place a layer of the fish, a little salt, pepper and nutmeg, some bits of butter and slices of hard boiled eggs (two eggs will be enough for the pie) then add another layer of fish, seasoning, butter and eggs; fill the dish and then pour in enough good white sauce, one tablespoonful of white vinegar or white wine, cover the dish with a good paste, puff or plain. Make a hole in the center of the cover; bake slowly for an hour and a half in moderate oven.

Turbans of Halibut.

Slices of halibut with the bones removed may be cut into fillets and rolled to make little "turbans." Pour over the "turbans" some lemon juice, a little melted butter with salt and pepper, leave them on a dish for an hour or so with this dressing, then roll, fastening each together with wooden toothpicks

buttered to facilitate removing. Bake the fish for twenty minutes and arrange on a platter, with brown potato balls in the center.

Fried tomatoes are acceptably served with turbans of fish.

Almost any fish is appropriately served with thin slices of fried bacon.

Fish Kedjeree.

Take some cold boiled fish, cut it into small pieces (a pair of scissors will be found useful in the kitchen), season with salt and pepper and two tablespoonfuls of cold boiled rice, one small cup of milk, mix together. Put three tablespoonfuls of butter in sauce pan, when melted, put in the fish and rice, and cook until heated. Cut the whites of two hard boiled eggs into dice, add them to the fish, then put all on a hot platter and sprinkle over it the grated yolks of the eggs.

This makes a breakfast or supper dish of "left overs."

Lobster—To Bake.

Cut the lobster in the same manner as for broiling, remove the stomach and intestines, place in a baking pan, with a little butter spread over; when about half cooked sprinkle a few bread crumbs over and some melted butter; bake thirty minutes and serve hot.

To Boil a Lobster.

Put one-fourth of a pound of salt to each gallon of water. Be sure that the lobster is alive; select a heavy one and one that keeps in motion. As soon as the water boils, drop in the lobster and boil for twenty-five minutes; skim the water, remove the lobster from the pot and cool.

Lobster—To Broil.

Cut down the back with a sharp knife (you will find a line on the shell), remove the stomach and intestines; place on the broiler—shell side down—and broil for twenty-five minutes; put a little melted butter on the lobster to keep it from drying. When cooked serve with butter, salt and pepper, or with a sauce.

Lobster Bisque.

One lobster, chop the meat very fine; put one pint of cream in the stewpan, when hot add the lobster meat, one-half tablespoonful of butter, three crackers rolled fine, one-half saltspoonful of pepper, one saltspoonful of salt; let all come to the boiling point then remove from the fire and add one tablespoonful of Madeira or Sherry wine. Serve at once.

Creamed Lobster.

Take the meat from a boiled lobster cut it into small pieces mix two tablespoonfuls of butter one tablespoonful of flour, when hot stir into the mix-

ture, the lobster, a little grated nutmeg, a teaspoonful of salt, one teacup of cream and one teaspoonful of sherry, stir well together and cook for ten minutes, then serve either in the shell of the lobster, which must be carefully washed and dry, or in a covered dish.

Lobster Cutlets.

Cut the meat from the lobster into small pieces, place in stew pan on the fire one tablespoonful of butter, one tablespoonful of flour, stir together, when smooth and thick, add the yolk of two eggs and one teacupful of cream, a little cayenne, salt, and the lobster, stir well and cook for five minutes, then spread the mixture on a platter, when cold and firm form into cutlets. Dip these first into bread crumbs, made very fine, then into a beaten egg then into the crumbs. Place in ice box two hours; when needed fry in deep hot fat. Serve with tartar sauce. A small piece of claw should be stuck into the end of each cutlet to resemble a bone.

Lobster a la Creole.

One pint of highly seasoned stock, add one cup of tomatoes, one garlic clove, let these cook together for ten minutes, strain and return to the fire. Take one tablespoonful of butter and one tablespoonful of flour, well mixed together and stir into the stock, add some sliced mushrooms and some fresh green peppers chopped fine and the seeds removed, the sauce should be of the consistency of thick cream. Have the meat of the lobster cut into pieces, cook it in the sauce long enough to become very hot, or a better plan is to warm it in a little of the stock before it is thickened, then add the balance of the stock.

Deviled Lobster.

Cook one lobster, take out the meat and cut into fine pieces; put into stew pan one tablespoonful of butter, one tablespoonful of flour, stir until they are smooth and add one tablespoonful of mustard, one saltspoonful of cayenne and one pint of milk; when the mixture is hot, stir in the lobster meat, let these cook together for five minutes, then fill small individual dishes and sprinkle fine bread crumbs over the tops with bits of butter and cook in the oven for five minutes before serving.

A lobster tail is curled under if fresh, or if alive when boiled.

Lobster, Newburg.

The meat from two lobsters cut into one-inch pieces; put the lobster into the sauce pan with one ounce of butter, a little salt, one-half saltspoonful of cayenne and two truffles chopped fine; cook together for five minutes, then add one wine glass of sherry. Beat the yolks of three eggs in a bowl with one-half pint of cream, add to the lobster, stir all together for two minutes longer; serve very hot. The truffles can be omitted.

Broiled Fresh Mackerel.

Split the fish down the back, broil on a well-greased gridiron until the inside flesh is white and the outside skin brown; place on a hot platter, the skin side uppermost; put over the fish some Maitre d'hotel sauce.

Fish in a Mold.

Take two pounds of any white fish, stew it in four ounces of butter until it is cooked (about ten minutes), then rub it through a sieve and beat it after, until smooth. Put one cupful of grated bread crumbs into one cupful of hot milk, cover and let it stand until the milk is absorbed; when cool put it through a sieve, season with one teaspoonful salt, a pinch of pepper, one teaspoonful lemon juice, then add four well beaten eggs, mix all and pour into a well buttered fish mold. Steam for one hour, or place the mold tightly covered in a sauce pan, and boil in water to almost cover the mold. When cooked turn out on a hot dish and serve with the following sauce strained over it:

The yolks of two eggs, one teaspoonful lemon juice, one teaspoonful salt and two tablespoonfuls of butter, melted together (not boiled), to this add one pint of cream sauce and stir over the fire until well mixed. Add a tablespoonful of butter, bit by bit, and strain at once over the fish.

To make this cream sauce, put two tablespoonfuls of butter into a saucepan, when hot add two tablespoonfuls of flour, stir together until smooth and thick, add three tablespoonfuls of cream, a saltspoonful of salt, a little pepper, one-half tablespoonful of lemon juice, lastly add the yolks of two eggs, add a little hot milk if the sauce is too thick and just before serving add one-half tablespoonful of butter. If the flavor of tarragon vinegar is liked, it can be used instead of the cream. It is better to make this sauce in a double boiler.

Fried Small Fish.

Do not split the fish; clean them, dip them in beaten egg and bread crumbs, or in flour seasoned with salt and pepper; have some fat hot in the pan, put in the fish, cook them for ten minutes, turn and brown on the other side, and serve. For the fat take some slices of salt pork and fry in the pan; when all the fat is out remove the pork and fry the fish in the fat. Serve on hot dish.

Fried Perch, Smelt, Porgy or Any Small Fish—Cuban.

After each fish is cleaned, put into it a thin slice of fat salt pork, three slices of onion and a little green pepper, or red pepper, with the seeds removed; add a sprig of mint if obtainable; tie up the fish or skewer it, bread it and dip in beaten egg and fry. The heat drives the flavoring into the fish.

Pan fish are apt to break in pieces when fried. They will not break if done in this way; fry first in the pan some thin pieces of salt pork, when cooked take out. Roll the fish, after cleaning, in corn meal or fine bread crumbs, fry in the hot fat and turn carefully. Fish in scraps is not appetizing, in appearance at least. It is lukewarm fat that causes fish to break. Plunging into deep hot fat cooks the surface of all the pan fish, trout, smelts, butter fish, sun fish, perch, etc., perfectly, by cooking the surface at once. Smelts and brook trout will cook in three minutes, the larger sorts in eight to ten minutes.

Fish Pie.

Four pounds of haddock or bass, boil with plenty of salt in the water; take off the skin and bones, then flake the fish. Boil one quart of cream or milk, add one tablespoonful of flour stirred into cream until perfectly smooth, add one tablespoonful of parsley and one-half an onion chopped fine, also one-fourth pound of butter, after all is boiled add a little cayenne; grease a pan, put in it layers of fish, sauce; let the last layer be of the sauce, strew on the top a thin layer of bread crumbs; bake one-half hour.

Fish Pudding.

Cold boiled fish makes an excellent pudding; salmon is particularly good. To one pint of fish add two well beaten eggs, three tablespoonfuls of cream, two tablespoonfuls of chopped parsley, a little salt and paprika. Mix them well together, breaking the fish into medium sized pieces. Turn the mixture into a bowl that has been well buttered and sprinkled with crumbs. Place the bowl in a pan of hot water and put into a hot oven. Bake twenty minutes and turn out on a heated dish, serve a cream sauce over it.

Fish Pudding with Rice.

Butter a deep pie dish, lay in it filleted fresh cod or haddock, cover with brown sauce (same as white only made with browned flour), then a little minced onion, which has been previously scalded, some chopped parsley, then more fish, then sauce, then fish, until the dish is full. Cover the dish with cold boiled rice, sprinkle over melted butter, one teaspoonful salt and pinch of pepper. Bake the pudding about one hour.

"When the angel made Shad
The devil was mad.
They proved such a source of delight
So to anger the giver
He jumped into the river
And put in the bones out of spite."

Broiled Shad.

Split the shad on the back, remove the roe and the spine, have the gridiron hot and greased, broil the shad for twenty minutes, unless a very thick

one, when thirty minutes will be required. Put on platter, and put into the oven for five minutes, spread over some butter and serve with lemons cut into thin slices about the platter.

Broiled Shad with Maitre D'Hotel Butter.

Split the shad, broil until cooked, place on hot platter and serve with Maitre d'hotel butter.

Planked Shad.

The famous Planked Shad of the Delaware River are usually split down the back; when the fish is split, proceed as for Planked White Fish.

Shad-Roes.

Boil the roes in slightly salted water with two tablespoonfuls of vinegar; boil for ten minutes, remove from fire, drain, place on dish, cover with plate and heavy weight and cool.

To broil grease the broiler and cook the roes five minutes, turn and cook five minutes, remove from broiler, pour over melted butter, garnish with parsley, chopped fine, or slices of bacon, fried crisp and brown.

Croquettes of Shad-Roes.

Two shad-roes, put them into a sauce pan with boiling water, slightly salted, let them cook slowly for fifteen minutes, then take from the fire, pull off the fine skin and mash them. Put one tablespoonful of butter into the sauce pan, add two tablespoonfuls of flour; when hot, add one-half pint cream, stir until perfectly smooth and thick; remove from the fire and stir in at once the yolks of two eggs, add to this mixture one tablespoonful of chopped parsley, one saltspoonful of salt, a little pepper, one-half a grated nutmeg, one-half teaspoonful of cayenne, juice of one lemon and the shad-roes. Mix well together, spread on a platter to cool. When cold flour your hands and make the mixture into croquettes. Have one egg beaten, dip the croquettes into the egg first, then roll in fine bread crumbs, then in the egg again. Let them stand in the ice-box for fully an hour before frying, then have your fat very hot (see general directions for frying), when they are a golden brown color, drain them on folded brown paper. Serve with slices of lemon and a Tartar Sauce.

To Boil Salmon.

Salmon should be perfectly fresh; in fact, any fisherman will tell you it should be eaten by the side of the river from which it was taken, but we find it very good in our markets. To boil salmon a slice should be plunged into boiling water, just enough to cover it and boiled for ten minutes. Serve with a drawn butter sauce. For this sauce, put two tablespoonfuls of butter in the sauce pan. When hot stir in two tablespoonfuls of flour. Let these

cook together for two minutes, stirring all the time; then add one-half pint of the water in which the salmon was boiled, with a little salt; boil all these together for a minute, then stir another tablespoonful of butter, stir until the butter has disappeared, then add the beaten yolks of four eggs. Remove the pan from the fire while you add the eggs. When they are well mixed return the sauce pan to the fire until the sauce thickens. Then add one tablespoonful of lemon juice and a very little cayenne. The sauce should be of a yellow color and thick like custard.

Broiled Salmon.

Take a slice of salmon weighing two or three pounds, have the gridiron hot and greased, place the salmon on it, turn often to prevent burning. Cook ten minutes, butter on both sides, then place on hot platter, add a little salt and pepper.

Deviled Salmon.

Two pounds of cooked salmon, two tablespoonfuls of butter, one tablespoonful of flour, one tablespoonful of mustard, one-half teaspoonful of cayenne, one pint of milk. Put the butter into the sauce pan, when it bubbles, add the flour, mix well together and then add the milk; when the mixture is smooth and creamy, add the mustard which must be made into a soft paste before adding, and the cayenne. Put the salmon into a pudding dish, pour over the mixture, and on top of this spread a thin layer of bread crumbs and a few bits of butter. Bake ten minutes in a hot oven.

Coquilles of Salmon.

One pound of cold salmon; break it up into small bits, put in a sauce pan with a pinch of pepper, saltspoonful of salt and about a pint of white sauce, one teaspoonful of anchovy paste stirred into one tablespoonful of thick cream until very smooth, then stir all well together and when hot fill ramekin cups or paper souffle cases, or small cups with the mixture, put finely sifted bread crumbs in which mix a little soft butter over, put the fish into the oven to become very hot. Serve on separate plates, with a small napkin under each cup, the very pretty little paper napkins will answer.

Cold Halibut can be prepared in the same way. Also cold, only if cod is used, leave out the anchovy paste and use the soft part of small oysters, which must be cooked five minutes in their own juice, drained and mixed in the white sauce.

Salmon Souffle.

A very good souffle can be made from canned salmon, if the fresh fish is not obtainable. Prepare the same as chicken souffle, only leave out the onion juice.

Scalloped Fish.

Butter a baking dish; put a layer of cooked fish on bottom, season with a little salt and pepper, add a layer of oysters, pour over a little melted butter, a few drops of lemon juice, then another layer of fish, a few fine bread crumbs, also seasoned with a little salt and pepper; a few tablespoonfuls of the oyster juice. The last layer to be of bread crumbs with some melted butter-cracker crumbs can be used. Bake about twenty-five minutes. Serve with a white sauce flavored with one teaspoonful of onion juice and one hard boiled egg chopped fine.

Fried Scallops.

Wash the scallops, drain them well, then dip them into fine cracker crumbs, seasoned with salt and pepper, then into an egg beaten and again into the crumbs; fry in smoking hot fat. A Mayonnaise dressing is delicious with fried scallops.

Scallops, Poulet au Creme.

Two tablespoonfuls of milk flavored with a little onion water or juice. Into this put one quart of scallops, chopped fine and the breast of one small boiled chicken, cut fine. Add a pint of cream, a lump of butter rubbed with a tablespoonful of flour, pepper and salt. Let this boil two or three minutes until of the consistency of cream and serve.

Fried Smelts.

Draw the smelts at the gills, wipe them dry, dip them in beaten eggs, then in bread crumbs; fry in hot, deep fat. Serve them crisp and dry with Tartar Sauce.

Cream Salmon or Trout.

Have the head and tail cut off, put the fish into boiling water which has been slightly salted and simmer for five minutes, then remove from the fire and drain. Put the fish into a stew pan with a little mace, nutmeg, cayenne, all mixed together; then cover the fish with cream, adding bits of butter. Keep the pan covered and let the fish stew for ten minutes, then dish the fish; keep it hot while you make the sauce. Take one dessertspoonful of flour mixed smooth with milk; stir this into the cream, add the juice of one lemon, let this just boil, then strain, and pour over the fish.

Stewed Terrapin (Washington)

Put the terrapins into boiling water and then simmer them until the feet are tender to the touch. Remove from the water, clean and pick them from the shells, cut into pieces ready for the dressing. To prepare the dressing, take one pound of butter to three terrapins, melt the butter, when hot add

the terrapins with one saltspoonful of pepper, but no salt. Take for each terrapin the yolks of three hard boiled eggs, mash the yolks perfectly smooth and add one wine glass of Madeira wine, a little at a time, until the yolks are reduced to a thin paste; it may be necessary to add more wine, add one-half nutmeg grated; place the paste over the terrapins (it should just cover them) and made very hot. The greatest care should be taken not to break the gall bladder, as the whole dish will be spoiled if even a drop of the gall should touch it.

To Fry Brook Trout or Any Other Small Fish.

Clean the fish and let them lie for a few minutes on a clean towel, season some cornmeal with salt and pepper, roll the fish in this and fry them in two-thirds butter and one-third lard; drain on a sieve or on coarse brown paper and serve quickly.

Timbales of Fish.

To every half pound of fresh fish, add one cup of bread crumbs, and one-half cupful of sweet milk, boil the crumbs and milk together, pound the fish to a smooth paste, gradually adding the crumbs and milk, then add one-half teaspoonful of salt, a little cayenne, three drops of onion juice; when all the mixture is smooth, fold in quickly the beaten whites of five eggs. Have the timbale tins greased, pour in the mixture, cover them with white paper and steam for twenty minutes; serve with a white sauce.

Baked White Fish.

Bone the fish and cut into small squares or rounds, place them in a deep plate and put bits of butter over, some green peppers chopped fine and a little salt; pour over some white wine, cover the dish closely and bake the fish for one-half hour; serve with the following sauce:

Cook one tablespoonful of butter until it is a delicate brown, put in one teaspoonful of capers and one teaspoonful of flour, either add a little more wine or drain the sauce from the fish into the butter, then pour it over the fish and serve hot.

Broiled White Fish.

Split the fish down the back, remove the backbone; have the gridiron hot and greased, the fire clear; broil for five minutes, turn, cook five minutes, then again for five minutes, serve on hot platter, with melted butter over and some chopped parsley, a little salt and pepper; garnish with slices of lemon.

Planked White Fish.

The plank should be made of some hard wood and always heated before the fish is placed on it. The fish should be cut on the under side, boned,

washed and wiped dry. Take off the line of opaque looking fat around each edge. One hour before cooking rub the fish with a little olive oil and sprinkle over it one teaspoonful of brown sugar, to which add a little cayenne and one saltspoonful of salt. While the fish is cooking it should be well basted with melted butter; cook for half an hour; when served, garnish with slices of lemon and cucumber. Shad can be planked in the same manner.

White Fish with Oysters.

A white fish baked with oysters is a very good way of cooking this fish. Don't split the fish, which should weigh about five pounds; wipe dry inside and outside and rub well with salt, pepper and flour. Take one pint of oysters, drain them and roll them in well-seasoned bread crumbs; fill the fish with the oysters, put slices of salt pork over it and bake for twenty minutes; baste frequently with the water which comes from the fish; serve hot with a tomato sauce. For this sauce take one cupful of tomatoes, cook with one bay leaf; add one tablespoonful of flour rubbed into one tablespoonful of butter. Strain as soon as the sauce has thickened and keep hot until serving.

Salt Fish—To Freshen Codfish.

Cover the fish with cold water and let it heat gradually, when it boils the fish will part easily from the bones, then remove from the stove, drain and when cool pick it into fine bits.

Codfish Balls.

Cut the fish in pieces and soak an hour in lukewarm water, then you can remove the skin and bones easily; then put on the stove in cold water and when it begins to boil change the water and repeat twice, this removes the salt sufficiently; then let it cook slowly until very tender. As soon as the fish is ready, the potatoes (which must be cooked at the same time), must be well mashed and added to the fish while hot, with a piece of butter the size of an egg, and one egg. You must have twice as much potatoes as fish, one cup of fish, two of potatoes. Mix well together, moisten with milk until of the consistency that will hold together, then mold into balls and fry in boiling lard, or if you prefer you can fry out slices of salt pork and cook the fish balls in it. Serve with thin slices of bacon fried until crisp.

Codfish Cakes.

Wash and boil one quart of potatoes, putting them on the fire in cold water enough to cover them, and a tablespoonful of salt. Put one and a half pounds of salt codfish on the fire in plenty of cold water and bring it slowly to a boil; as soon as it boils throw off that water and put it again on the fire with fresh cold water; if the fish is very salty change the water a third

time. Free the fish from skin and bones; peel the potatoes, mash them through a colander with a potato masher, season them with a quarter of a saltspoonful of pepper and an ounce of butter; add the yolks of two eggs and the fish; mix well and make into cakes, using a little flour to prevent sticking to the hands. Fry them a golden brown in enough smoking hot fat to nearly cover them; observe that in frying any article of food, it will not soak fat if the latter be hot enough to carbonize the outside at once, and smoking hot fat will do that.

Creamed Codfish.

Soak the codfish for fifteen hours in a large quantity of cold water, skim the fish, pick it all from the bones, cut it in small dice pieces. Take a large skillet, put the fish one inch deep in this, pour over cold water to cover the fish, let it simmer, but not boil, for two hours. About twenty minutes before serving pour off the water and cover the fish with milk; add one-half pound butter to one quart of fish, add a little pepper, a very little salt; let the fish boil, then take one tablespoonful of flour mixed smooth with a little water, stir into the milk while it is boiling; then just when ready to serve the fish add two eggs well beaten; do not let the eggs boil. The fish can be prepared at any time, but must be kept covered with cold water; do not let it stand after draining.

Codfish Souffle.

To one cup of stale bread crumbs, add one-half cupful of milk, place these in the double boiler and stir constantly until the mixture is boiling hot, then remove from the fire and add the yolks of two well beaten eggs and one saltspoonful of salt and the same amount of pepper, then add one cupful of shredded codfish, when well mixed, add the whites of two eggs beaten until very stiff, then place the mixture in a well buttered baking dish and bake in a hot oven for five minutes or until the souffle is a golden brown.

Codfish on Toast—Cuban.

One teacup of freshened codfish shredded fine, fry one onion and one tablespoonful of butter until brown, then put in the codfish with enough cold water to cover it, add one-half can of tomatoes or six fresh tomatoes; cook all slowly for one hour, add a little salt and pepper. Have ready slices of hot toast and pour on them the codfish.

Salt Fish.

Soak the fish in cold water for two days, changing the water several times; when required, dry it well; fry in the pan with one tablespoonful of butter, two onions sliced; fry until yellow, remove the bones from the fish, season with pepper, one teaspoonful of mustard and one tablespoonful of vinegar; mix with the onions and cook for ten minutes and serve very hot. Fish should always be split open for broiling.

To Freshen Salt Fish.

Lay the fish in cold water with the skin side *up,* otherwise the salt sinks into the skin and the fish will not freshen.

Croutes of Haddock.

Take a finnan haddock about a pound in weight, free it from skin and bones, and put into a stewpan with two ounces of butter, four tablespoonfuls of milk, a well beaten yolk of egg, a little pepper and a teaspoonful of lemon juice. Stir these ingredients over the fire for five minutes, by which time the fish will be smooth. Pile this on some small rounds of hot buttered toast. Sprinkle the tops lightly with some finely minced parsley, a little cayenne, and serve.

Finnan Haddie.

One pound of finnan haddie, put into a pan and cover with boiling water, let it boil for five minutes, drain off the water from the pan, add one-half tablespoonful of butter, stir the fish in this, so as to season both sides. Serve hot.

Herrings on Toast.

Cut three good bloaters down the backs, bone them, put them in spiced vinegar for ten minutes, then dust pepper and salt on the white side; dip each one into heated fat and broil them over a clear fire; when ready serve on toast and add a tablespoonful of lemon juice and one tablespoonful of chopped parsley. Be sure to serve the fish very hot.

Pickled Herrings.

Take twenty-four best fresh roe herrings, have them well cleaned, place them in a large stone crock, putting first a layer of herrings, then cover them with salt, a few cloves, a little allspice, mace and whole pepper corns; then another layer of herrings; repeat this until the crock is full; cover the whole with vinegar. Place on the range, and let all simmer, but not boil, for twelve hours, then the preparation is ready to use; but will keep for weeks if kept covered with vinegar and the crock tightly closed.

Salt Mackerel—To Boil.

Soak the fish, skin side upward, for twenty-four hours; drain, cook in boiling water for five minutes; pour off the water and cover the fish with sweet milk, cook for fifteen minutes; remove the fish, thicken the milk with one tablespoonful of flour and one-half tablespoonful of butter rubbed together; saltspoonful of pepper, pour this sauce over the fish and serve hot.

Salt Mackerel, Broiled.

The fish from Norway are the finest. Soak the mackerel for two days in cold water, change the water two or three times, wipe dry. Broil over a

clear fire, place on hot dish, pour one pint of boiling water on the fish, let it stand for a minute, then pour it off; put on the fish a little butter, lemon juice and minced parsley, and serve.

The boiling water poured on and off removes all taste of oil from the fish. Do not drink any liquids while the fish is being eaten; if this rule is observed the fish will not be apt to disagree with any one, or prove indigestible—and salt fish is really a valuable food.

Deviled Sardines.

Take six sardines and spread over them on both sides some made mustard and a dash of cayenne, broil them and serve on hot buttered toast; garnish with slices of lemon.

Sardines, Maitre D'Hotel.

Take six sardines, a dessertspoonful of chopped parsley, one thin slice of onion, pounded fine, one tablespoonful of Chili vinegar, half a pint of melted butter, and a round of toast; scrape the sardines, arrange them neatly on the toast, and put the above sauce over them, adding a squeeze of lemon juice and cayenne to it.

Sardines with Eggs.

Fry some bread in boiling lard or butter; cut it into fingers; scale and wipe some sardines, make them hot in the oven, and place one on each finger of bread; then pour over them the following sauce: The yolks of four eggs, well whipped, half an ounce of butter, one teaspoonful of tarragon vinegar, one teaspoonful of common vinegar, a mustard spoonful of made mustard and a little salt. These must be well stirred over the fire till the sauce thickens, but it must not boil.

Kippered Salmon.

Rub the salmon with an equal mixture of salt and sugar; let this fish stand twelve hours, then smoke it for twelve hours. Put the fire far away from the fish, so that the smoke will blow over the fish steadily.

Smoked Salmon.

Cut the salmon into small portions, cover with well-oiled paper, broil over clear hot fire, turn frequently; as soon as the salmon is hot it is ready to serve. Remove the paper, add a little butter to each piece if the salmon seems dry.

Souced Salmon.

Boil the salmon; to one pint of liquor in which it is boiled add one pint of vinegar with all kinds of whole spices, a little cayenne; pour this mixture over the salmon; leave for twenty-four hours before serving.

Oysters.

Angels on Horseback.

Take very thin slices of fat bacon, cut all the rind off. Then take an oyster (or two if very small), pour on it two drops of essence of anchovy, four of lemon, and a grain of cayenne and roll it in the slice of bacon. Tie them together. When there are sufficient of these rolls, put them on a small skewer and fry them; when cooked take each one off the skewer and place it on a small piece of toast. This is a dish which must be served very hot.

Broiled Oysters.

Dry large oysters on a napkin; roll them in fine cracker crumbs, then into melted butter and again into the crumbs, add a very little salt and pepper with the crumbs; broil them on a wire gridiron well greased; they are done as soon as they are a light brown; pour over them some melted butter, seasoned with salt and pepper and some finely chopped parsley. Serve with slices of lemon.

Oysters in Blankets.

Take large oysters, season with cayenne, wrap up each one in a thin piece of bacon, fasten with a little wood toothpick; fry them for a few minutes, serve very hot.

Baked Oysters with Sherry.

Fifty oysters; put one-third in a deep dish; add a tablespoonful of melted butter and cover with bread crumbs seasoned with salt and pepper; then put one-half of the remaining oysters in and proceed as above, then the balance; pour in sherry enough to cover the oysters, add a layer of bread crumbs and one tablespoonful of melted butter. Bake until colored brown, serve hot.

Browned Oysters on Toast.

Mix the yolks of two eggs with a little flour. Season twenty-four oysters and dip in the batter. Brown the oysters in hot butter. Then add the oyster liquor to the flour and eggs, stir into the butter, simmer three minutes, pour over the oysters and serve on toast

Oysters in Bread Loaf—"Peacemakers," New Orleans.

Select large fat oysters, drain and wipe them dry with a clean cloth, then dip each oyster into either cracker, or bread crumbs, then into egg yolk, beaten light with one tablespoonful warm water added, then into crumbs again. Have the fat very hot, place the oysters in the frying basket, or

directly into the fat, fry until brown, about two minutes. Take a long narrow loaf of fresh bread, remove the inside, fill with the fried oysters, sprinkle a little salt over the oysters, close up the opening and serve. These are called "Peacemakers," when they are brought home by detained husbands at night.

Oysters with Celery.

Twenty-five oysters; take one tablespoonful of butter, when hot, add one tablespoonful of flour; when these bubble add the oysters and one-half cup of chopped celery, a little salt and pepper. Cook for five minutes in the double boiler over hot fire, remove from fire and serve on hot toast well buttered.

Creamed Oysters.

Blanch twenty-five oysters and drain them; take one tablespoonful of butter, one tablespoonful of flour; stir together in the saucepan until smooth, then add one cup of cream, a little salt and pepper and one-half teaspoonful of nutmeg; when the mixture boils, add the oysters, cook for five minutes.

Oyster Cutlets—1.

Mix about half a pound of veal with the same weight of large stewing oysters; chop all very fine, then pound them together in a mortar, adding two ounces of finely chopped veal suet and three tablespoonfuls of bread crumbs which have been soaked in the liquor from the oysters; season with a little salt, white pepper and a teaspoonful of lemon juice and one tablespoonful of cream. Now add the beaten yolks of two eggs and mix thoroughly, pounding all a little more, and make up into the shape of small cutlets. Fry them in butter after dipping them in egg and bread crumbs. Drain them well and send to table very hot. Garnish with sprigs of parsley and slices of lemon.

Oyster Cutlets—2.

Two dozen oysters, two ounces of butter, one ounce of flour, one-fourth pint of cream, three eggs, pepper, salt and bread crumbs. Melt the butter, add the flour, the yolks of three eggs, pepper and salt. Cut the oysters in half, and cook about five minutes in the sauce, but do not let them boil; turn on to a dish to cool, when cold, form into cutlets. Cover with the whites of the eggs, and fry in boiling hot fat; serve very hot.

Oysters a la Chamberlin.

Melt two tablespoonfuls of butter in a pan, quickly add some of the oyster juice and a cupful of celery chopped very fine, half a cup of cream stirred in and a teaspoonful of paprika. When all has come to a boil turn in the oysters and the rest of the juice and cook for not more than four or five minutes. Just before serving in hot soup plates, stir a glass of sherry into the sauce.

The whole secret of this delicious dish lies first of all, of course, in the delicate flavor of the Lynnhaven oyster, and then in the quickness with which they are cooked, the whole performance not taking more than six minutes and the oysters coming out fat and tender.

Oysters on Crackers.

Can be easily prepared. Take little butter crackers or any small round crackers that will split readily; split them; dip the pieces in hot water and then spread each half thickly with soft butter. Lay half the pieces upon a biscuit tin and place an oyster upon each piece; put a few drops of lemon juice upon each oyster and sprinkle them with salt and pepper and a dash of mace. Cover the oysters with the remaining buttered halves of the crackers, brush the tops with melted butter, place them in a hot oven and bake them from five to ten minutes and serve as soon as they are taken from the oven.

Curry of Oysters.

Three pints of oysters, including the juice; one tablespoonful of grated cocoanut, one apple cut fine, one small onion, cut fine, one tablespoonful of butter, one-half a cup of cream, one tablespoonful of curry powder, two tablespoonfuls of flour, one-half a tablespoonful of lemon juice. Fry the cocoanut, apple and onion in the butter until they are soft, then add the oysters and let all come to the boiling point, then add slowly the cream with the curry and flour rubbed together into the cream; let all boil, and take from the fire in a minute, then add the lemon juice. Serve at once as the oysters harden by long cooking. Serve with boiled rice. Lobsters, Crabs and Shrimps can be cooked in the same way.

Oyster Cocktail—(To Serve Before a Dinner.)

The juice of two lemons, half cup of tomato catsup, four drops of Tabasco sauce, one teaspoonful of Worcestershire sauce, one-half teaspoonful of salt; mix together. Fill small punch glasses with oysters, pour over the sauce. Serve hot toasted crackers with the oysters.

Oyster Croquettes.

One quart of oysters, stew them for three minutes in their own liquor, then drain them; when they are cool, slice them, this is a better way than to chop them. Prepare a sauce with one tablespoonful of butter and one tablespoonful of flour mixed and cooked in the double boiler, a few drops of lemon juice, or one tablespoonful finely chopped shallots or onion, let these cook together for five minutes, if the sauce is too thick, add a little of the oyster liquor, then add the yolks of three eggs, well beaten, one saltspoonful of salt, one teaspoonful minced parsley, then put in the oysters and

cook all for five minutes, remove from the fire, spread the mixture on platter to cool. When cold, make into balls, flattened on each end and about one inch thick. Roll these in beaten egg yolk, then in cracker or bread crumbs, have the fat deep and very hot, place the croquettes in the frying basket not to crowd them, fry for two minutes, when finished, serve with slices of lemon as a garnish.

Fried Oysters.

Take fifty large oysters, try always to obtain large oysters for frying, wipe them dry with a clean towel. Beat one egg lightly, add one teaspoonful of warm water. Roll cracker or bread crumbs very fine, sift them, and add one teaspoonful salt, a little pepper and one-fourth teaspoonful of grated nutmeg. Dip each oyster into the egg, then into the crumbs, flatten them, place on platter and place in refrigerator for two hours, or where it is cold. Put plenty of fat in the frying kettle, when very hot, place the oysters in the basket, or else just into the fat, do not crowd them, in two minutes they will be cooked. Serve on hot platter, garnish with slices of lemon and sprigs of parsley, or with small pickles, chow-chow or celery salad.

Fried Oysters in Tomato Sauce.

Select large oysters, drain and wipe dry with a coarse towel, then dip them into this mixture. Cook one cupful of tomatoes, drain off the water, when hot add one tablespoonful of flour moistened with a little of the oyster juice, one saltspoonful of salt, a little cayenne, a little grated nutmeg, four drops of onion juice, stir well, the batter should be very thick, it is wise to cook it in the double boiler, when cooked strain and let it cool. When cold dip each oyster in the sauce and then into fine bread crumbs, place on platter and set on ice to harden. They should wait at least three hours before cooking, when needed, cook as directed for fried oysters, serve hot, garnish with pickles, chow-chow, celery, parsley or lemon slices.

Oysters can be fried on the griddle instead of in deep fat, have the griddle or skillet very hot, put a little butter on the griddle and fry the oysters, be careful they do not burn.

Fricasseed Oysters.

One hundred oysters, one-fourth pound of butter. Brown the butter, then put in the oysters and let simmer for ten minutes; rub one tablespoonful of flour and butter together, one tablespoonful of chopped parsley, a little salt and pepper, and add just before serving three yolks of eggs well beaten.

Oyster Gumbo.

Four ounces of salt pork cut into small pieces, four ounces of chopped onion, one clove garlic, one-half grated nutmeg, a pinch of salt, six ounces

of finely chopped green peppers, one little bunch of chevril, eight ounces of cut okra, eight ounces of rice, one teaspoonful gumbo powder, eight ounces of flour, one hundred and fifty oysters. Fry the pork until brown, add onions, garlic, rice, nutmeg, salt, pepper, stir in the flour made into a soft batter with some of the oyster juice, the gumbo powder, two quarts of good stock, let all boil together for about twenty minutes, then add the chevril, okra and oysters. Cook twenty minutes and serve very hot.

Oysters a la Poulette.

One pint of oysters, put them into a stewpan and let them come to the boiling point, but do not let them boil. Place in another stewpan one tablespoonful of butter, when melted add one tablespoonful of flour, stir until these boil. Mix with one-half a cup of cream the yolks of two eggs, a little cayenne and salt; pour this mixture into the stewpan with the butter and flour slowly, and stir constantly until it boils, then remove from the fire and strain over the oysters, and serve hot.

Oyster Pourette.

Boil fifty oysters in their own juice, drain them and add one cupful rolled crackers, two yolks of eggs, one large tablespoonful of butter, one wine glass of sherry, one tablespoonful of chopped parsley. Cook in double boiler over hot fire for six minutes, stirring well and serve on hot buttered toast.

Oyster Filling for Patties.

Cook the oysters in the double boiler, drain before cooking. Put one cupful of cream in boiler, when hot, add one tablespoonful butter, mixed with one tablespoonful of flour, stir well, add a little salt and one-fourth teaspoonful of either powdered mace or grated nutmeg. Cook these together until the sauce is thick, then fill the patty shells. Serve hot.

Oysters on Toast.

Have one quart of fine large oysters. Put these into a stewpan in their own liquor and heat. Then remove from the stewpan, pour off the liquor, put oysters back and cook them for five minutes longer in this sauce. Mix together three tablespoonfuls of butter with two tablespoonfuls of flour, when smooth add one tablespoonful lemon juice, a very little cayenne, pinch of pepper and one saltspoonful of salt. Stir this mixture with the oysters, until it is cooked. Have some slices of hot toast, pour the oysters on them and serve at once.

Oyster Salad.

Boil one hundred oysters in a little of their own liquor, or in half liquor and half milk—the milk makes the oysters whiter than the liquor alone;

let the oysters boil for five minutes, remove from the fire, drain them carefully, pour over them a French salad dressing and place them on the ice. When required drain them from the salad dressing and pour over a mayonnaise dressing.

Scalloped Oysters.

One quart of oysters, well drained, place in baking dish a layer of oysters, then a layer of bread crumbs, season the crumbs with salt, pepper and bits of butter, do not economize on the butter. Alternate these layers until the dish is full, cover the top with crumbs well moistened with melted butter—a few spoonfuls of cream can be added, if desired. Bake for twenty minutes and serve in the same dish. A napkin should be placed around the dish.

Other oyster recipes will be found with chafing dish recipes.

Clams.

Clams are considered as next to oysters—there are two kinds, hard and soft shelled. Small quahaugs or little neck clams are served at dinners after oysters have retired for a season, and are served on the half shell in the same manner as oysters.

Clam Broth.

This is an article which away from the seaboard states is not half appreciated. All through the early spring, when appetite flags, it is a most valuable breakfast adjunct. It should be served as a first course or after fruit (if fruit as a first course is persistently held to as a breakfast necessity), and it will be found most stimulating to the appetite. It is said to digest almost immediately, besides being nutritious and an appetizer. For a summer dinner, when one does not wish to wholly omit soup, a small cup of clam-broth is exactly the thing.

Get the clams in shells, and wash perfectly clean with a brush, then rinse several times. To one-half peck add one pint of boiling water, and boil fifteen or twenty minutes; drain, strain, and add boiling milk or water if it is stronger or more salty than desired. In inland states (except in cities having good fish-markets, it is better to buy a bottled clam-broth of some good brand, preparing according to directions.

Steamed Clams.

After washing the shells thoroughly and looking carefully to be sure the clams are all alive, place them in a large kettle with a little hot water, and steam until the shells begin to open, then remove from fire, take the clams, open onto a hot dish and serve with melted butter—usually a little dish of melted butter is given to each person.

Baked Clams.

Select large clams, wash the shells until perfectly clean, then place the clams in a kettle with a very little boiling water, cover and as soon as the

clams begin to open, remove from kettle, preserve the shells, look over the clams carefully, see that no sand adheres or is in the juice. Place on each half shell a small piece of butter, then a clam, and cover with fine bread crumbs, sprinkle over the crumbs a little pepper and a few drops of onion juice, place the shells in a baking pan, put in hot oven, as soon as the crumbs are a light brown, the clams are ready to serve, pass thin slices of either white or brown bread buttered, with the clams.

Clam Filling for Patties.

Select small clams but do not open them. Wash and scrub to remove sand and place them in a deep kettle with one-half of a cupful of water for a dozen clams. Cover closely and cook until the shells open. Remove from the shells and chop but not too fine. For a dozen patties put two tablespoonfuls of butter and two tablespoonfuls of flour in a saucepan with one-quarter of a teaspoonful of white pepper and stir until melted and mixed, add one-half cupful of the strained clam liquor and three-quarters of a cupful of rich milk, stir until smooth and thick, add one and one-half cupfuls of the chopped clams and simmer for three minutes. Take from the fire, let stand for a moment then stir in the well-beaten yolks of two eggs, more salt if needed and return to the fire for a moment, stir well. Take off, add a tablespoonful of finely chopped parsley, fill the cases which have been heated in the oven and they are ready.

Frogs' Legs.

Skin the legs, soak them in milk for fifteen minutes, then roll them in flour seasoned with a little salt and pepper and fry in deep fat for five minutes, remove from fire and serve with stewed potatoes or fried tomatoes, or with cucumbers with French dressing.

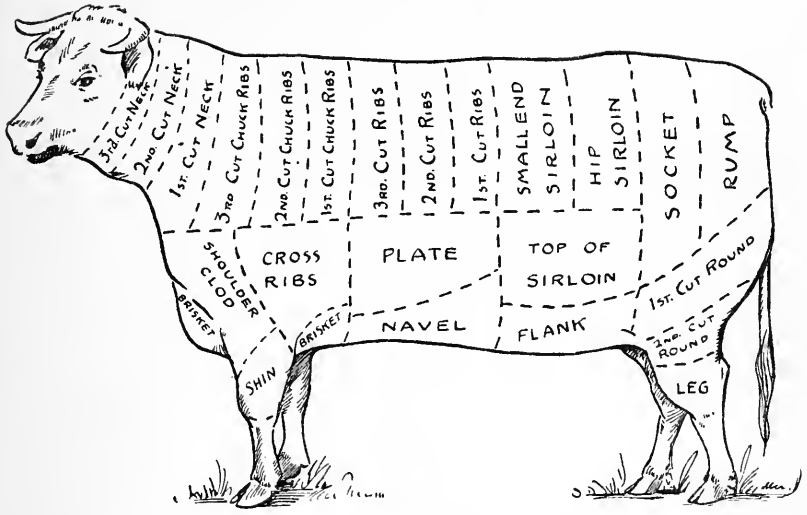
Scallops, Fried.

Dry the scallops on a clean napkin, dip each one in fine cracker crumbs, seasoned with salt and pepper, then in beaten egg yolk, again in crumbs and fry in deep hot fat for just long enough for the scallops to become a light brown in color, serve on hot toast with Tartare sauce.

Deviled Scallops.

Put one quart of scallops into the sauce pan on the fire and let them come to the boil in their own liquor, then remove from fire, drain them, save the liquor, chop them fine. Put in double boiler three tablespoonfuls of butter, mixed with one teaspoonful of made mustard, one teaspoonful of salt, a little cayenne and one cupful of good stock, when this mixture has cooked for five minutes, add the chopped scallops and the liquor, stir well. Remove from fire and let cool, when cool, put it into a small baking dish, or into shells, sprinkle over bread crumbs well moistened with melted butter and bake for twenty-five minutes, serve at once.

Beef



In selecting beef see that the lean is bright red and the fat a cream white. The sirloin and ribs are the prime joints, of the joints the cut next the sirloin is the best cut. The shin or leg of beef is perhaps the most economical.

In carving beef, cut the sirloin in slices the long way of the joint. Never cut meat against the grain. In carving a tongue, cut it the long way—this is contrary to the usual, but is the way. A large family should not often have to buy any bones for stock, or dripping, carefulness in saving both bones and fat marks the careful housekeeper.

Roasting Meats.

To roast so as to reduce the loss from cooking, before putting it into the oven, see that the oven is hot, the fire clear, for by having the oven very hot at first, the meat is seared over and the juices kept in. Put the meat into the roasting pan, do not flour the meat and do not put any water in the pan—have you not too often seen a roast with a pale, half-boiled look, instead of having a crisp brown look? If there is no fat on the meat, put perhaps one-half teacupful of water in the pan. Cover the roast. There are roasting pans that come with covers—reduce the heat a little after the first fifteen minutes.

Boiling Meats.

In boiling meats, the water should be boiling hot when the meat is put into the kettle. This sears the meat just as the hot air sears the roast.

Then remove the kettle to the cooler part of the stove so that the meat will only simmer. Do not use more water than is just necessary to cover the meat, and always save all that is not used for gravy or soup.

Broiling Meats.

Broiling is rather a difficult thing to successfully accomplish in a private house unless you are so fortunate as to have a small charcoal broiler. The gas stove and electric come near to this mode of broiling. One way of broiling which is really a good way, is to have a thick iron frying pan. When needed let it become nearly red hot, put on the chop, or steak, or fish, holding them between two spoons, not using a fork; keep turning every minute until six or ten minutes have passed. Of course, this sounds like frying the meat, but with frying fats are used. In this way nothing is put in the pan but the meat, only the pan must be very hot to successfully accomplish this kind of broiling.

Frying is not considered the best way to cook meat. It is, however, a very usual way of cooking it. For certain things it is necessary to fry meat, but there is quite too much use made of the frying pan, for generally the meat is left to fry until it is hard, tasteless and with the nourishment fried out of it. If this does occur, before serving the unappetizing meat, turn a little hot water into pan, scrape well all the glaze from the bottom of the pan, which is really the best of the meat, into the water and let all simmer for a few minutes. Cover the meat and thus save the goodness which has fried out of it.

Meat.

Never place meat directly on the ice in the refrigerator; the water draws out the juices of meat.

Never allow meat to remain in the paper in which it is brought from the butcher, or in the hot kitchen; put it at once in a cool place.

All meat that has been hung long, must be carefully scraped and washed off with vinegar and water before using—the outer skin may have acquired a stale taste.

All warmed-over meats, if fried, should either be breaded or else dipped into batter and fried. The batter, or egg and bread crumbs form a crust and keep the meat tender and juicy; if cold meat is fried without either, it is always hard and stringy.

Meat is cooked in "its own juice," by placing the piece in a stone jar with a cover, without any water, and letting it cook on the back of the stove slowly and gently.

All meats cooked at a low degree of heat are rendered tender and palatable.

In broiling either meats or fish, be sure that the gridiron is perfectly clean, and that it is rubbed with good fat, and is hot before using.

To Boil Beef.

Always simmer the meat, in this way meat which otherwise would be tough is rendered tender and savory and inexpensive pieces are made palatable, juicy and nourishing.

Boulettes.

A palatable way of using cold meats, roasted meat only; mince the meat very fine, add a little fat bacon or salt pork; chop an onion, a teaspoonful of herbs, one teaspoonful of parsley together, add one teaspoonful of salt, one-half teaspoonful Worcestershire sauce, juice of one-half lemon, two eggs. Mix all well together, make into flat balls about one-half inch thick, fry in lard or butter until a light brown.

Braised Beef.

Lay a piece of beef of about five pounds in a broad bottomed kettle; place sliced onions on the top, a little salt and one cupful of stock or gravy, and one cupful of boiling water; cover the kettle tightly, add more stock or water if the gravy sinks too low; when done—one hour will cook the meat—dredge the beef with flour, take it from the kettle, put into a pan and place in a hot oven; as the flour browns, baste the beef with butter-water. Ten minutes will be time enough to brown the beef; strain the gravy, take off the fat, add one tablespoonful of flour, one teaspoonful of tomato catsup, boil until the gravy is thickened, pour one-half over the meat, serve the balance in the gravy-boat.

Corned Beef.

The best piece and most economical is from the round, though both the rump and brisket pieces are very good. Put the beef into a kettle, cover with cold water, bring it to the boiling point, skim carefully and put back on the range to simmer—do not let it boil at all; allow twenty-five minutes to each pound. Keep the water in which the beef was boiled; return the beef which was left from dinner into this, cover and put away to cool; this renders the beef very tender. Do NOT cook cabbage with the beef, cook separately, if both are desired. The water in which the beef was boiled, if not too salty, is a good foundation for either split pea, potato or bean soup.

Corned Beef Hash.

The corned beef should be quite salt, simmer, not boil, until very tender; when done spread a napkin wrung out in cold water over it to prevent it turning black. Potatoes that are mealy are not as good; boil them with the skins on, rather underdone and do not use until cold. Chop the beef very fine, the potatoes coarser, twice as much potato as meat. One cup of milk or cream (cream is better), tablespoonful butter and pepper into a large old-fashioned skillet; when hot add the hash, not more than one and one-half inches deep, do not stir it. Keep drawing away from the sides of the

pan with a spoon, but not to mash it. Cook for an hour or more, quickly at first, then set back on the range to simmer.

Prepare the beef and potatoes the night before using, pack all into a bowl and cover closely, it is ready then for breakfast—do not spare the butter, if you use cream not so much butter is necessary.

Corned Beef with Cream.

Two cups of cooked corned beef grated, one-half a cup of cream, one tablespoonful of butter, a saltspoonful of pepper. Mix together, heat thoroughly, and serve on toast.

Corned Beef Hash with Eggs.

Prepare the corned beef hash, place on hot dish, with poached eggs on top.

Cannetons of Cooked Meat.

Take one pound of any cooked meat you may have, mince it very fine. Mix with the meat one-half pound of cooked or raw ham or bacon, also minced, two tablespoonfuls of grated bread crumbs, two teaspoonfuls of finely minced parsley, one-half teaspoonful of minced onion, one teaspoonful salt and one-fourth teaspoonful of pepper. Mix all these well together, adding the yolk of one egg to bind the mixture, should it seem too crumbly, add a little stock or another egg yolk. Turn it all out on a moulding board, roll it out and divide into eight portions. Make each portion into a little roll, and put around it some buttered paper. Place on baking tin and bake about thirty minutes.

Beef with Dumplings.

An economical yet at the same time an appetizing and nourishing dish can be prepared for dinner or supper by using four or five pounds of beef from the round or by using a portion from the shin.

Cut the pieces small, take off all the fat and put into the frying pan, when hot fry the meat in it, until brown, it is an addition to fry with the meat an onion, put all into the soup kettle, pour a little hot water into the frying pan to take up all the browned fat, put it into the kettle, let all boil up once, then place on back of the fire to simmer for four or five hours. Add some vegetables about one hour before dinner, carrots, onions, turnips, potatoes, with a little salt and pepper. Thicken with a little browned flour moistened with some cold water or stock. For the dumplings, use two cups of flour, in which sift three teaspoonfuls of baking powder, one saltspoonful salt, mix together, add one tablespoonful of butter, work it into the flour, moisten with one-half cup of milk, more if the paste seems too dry, roll out to thickness of one-half inch, cut into small biscuits. These biscuits can be baked and then put into the stew or placed in a steamer over a kettle of boiling water, they will take fifteen minutes to cook in this

way, or they can be put in on top of the stew, in which case there may be too much gravy, if so, remove some of it and keep it hot while the dumplings are cooking.

Beef Dripping, To Prepare.

Cut the beef suet into small pieces, place in sauce-pan with a *very* little water; be careful the suet does not burn, as it melts pour into a bowl; when cold all the impurities will be on the bottom of the cake and can be scraped off.

Broiled Fillet of Beef.

Take one pound of fillet of beef, broil it. After broiling the fillet, place a piece of maitre d'hotel butter as big as a walnut on the top.

Hash on Toast.

Hash, made as the recipe for corned beef hash of either corned beef or roast meat, baked in buttered gem pans, instead of cooking it in the skillet; when baked turn from the pans and serve on slices of hot toast.

Hamburg Steak.

Use for the steak the ends of the beefsteak or meat from the round of beef, chop very fine two pounds of meat, with a little of the suet, remove as much of the meat fiber as possible; add one saltspoonful of pepper, one teaspoonful of salt, one tablespoonful of minced onion (this is not necessary), press the meat together and make into small flat cakes, or in one large one; broil for five minutes over a clear fire or cook in the skillet, which must be very hot and slightly greased before the meat is put in; five minutes will cook the meat, put melted butter over the steak, and serve very hot.

Hot Pot.

Cut small pieces of beef from the shank or round, cut potatoes in thin slices; put layer of beef into the kettle, a little salt and pepper, add bits of butter, a few drops of onion juice, if onion flavoring is liked, continue the beef and potatoes, having potatoes the last layer, until the kettle is nearly full, then add a cupful of good stock or hot water. Cover the dish tightly and bake for two or three hours; it is well to serve it in the dish in which it is baked.

Cold Beef.

Cold beef cut in slices, covered with vinegar over night, then dipped in egg well seasoned with salt and a little nutmeg, rolled in bread crumbs and fried, makes a lunch dish.

Always rub the broiler or gridiron with fat before using, and always have it hot before putting on the meat or fish to be broiled. Broiling requires a brisk fire, free from smoke.

Mock Hare.

Three pounds of round steak, one-half pound of salt pork, all chopped fine, one onion scraped or grated, two eggs well beaten, six crackers rolled fine, one tablespoonful of pepper, one-half tablespoonful of salt, two tablespoonfuls of milk or stock, make into two loaves, like bread, scatter cracker crumbs over the tops and bits of butter, and baste often. Bake one hour. Thicken the gravy with one tablespoonful of butter and flour, then add one can of mushrooms. Serve one loaf hot with the mushrooms or a tomato sauce, the other loaf can be served cold, sliced thin. The mushrooms can be omitted, save all the gravy in the pan for the hot loaf.

Mock Duck.

Make a stuffing of grated bread crumbs, add one chopped onion, one teaspoonful salt, three tablespoonfuls of chopped suet, two leaves of sage, cut very fine, saltspoonful of pepper, one tablespoonful melted butter, mix all these well together and spread the mixture on a round steak, then roll the steak up like a roly-poly pudding, tie it, so that the stuffing will not come out. Brown a little good dripping in the roasting pan, or casserole, put in the roll, add one teacup of stock or hot water, cover closely, it will take about two hours to cook, serve hot. Strain the gravy, serve some currant jelly or horseradish sauce with the meat.

A la Mode Beef.

Ten pounds of the round of beef, rub well with salt, pour over it half pint of vinegar, and leave it in this all night. With a larding needle put into the beef one pound of fresh or salt pork, cut in thin strips. Mix bread stuffing as for chickens, with a pinch of sweet marjoram, sweet basil or thyme, one small onion cut in small pieces, one-half teaspoonful allspice, pepper and salt. When you take the beef out of the vinegar in the morning sprinkle with red pepper and cut holes to put in the dressing. Before you stuff it bind it around with a piece of muslin to keep it in shape, and do not take this off until it is cooked. Put it on the fire with a very little water to keep from burning. Cut up a carrot and strew over it. Cook very slowly about four hours, or until you can run a skewer in easily, adding from time to time just enough water to keep the meat from burning. Keep closely covered while cooking. When cooked put into a round tin pan to make it a good shape. Pour over it one-half teacup of cooking wine. Cover and leave to cool.

If a jelly is desired over the beef, make a good stock with four calves' feet or take two pounds of beef, with some bones, one tablespoonful salt, one onion, stuck with one clove, one quart of water, boil two hours, skim carefully, remove from fire, strain and pour over the beef, if the stock is used do not use the wine.

Marrow Bones.

If the round of beef is purchased, the bones will make sufficient to serve two or three persons. Have the butcher cut them into four-inch lengths, cover each end with a stiff paste made of flour, and water mixed, tie up each bone in a little cloth, boil twenty minutes, take from fire. Remove cloth and take out the marrow, this is easily done with a long skewer, put it on hot toast and season with a little salt and pepper. The bones put afterwards into the soup kettle.

Meat Cakes.

One pound of chopped veal, beef or mutton, one-half pound of bread crumbs soaked in water, then squeezed nearly dry, two tablespoonfuls of melted fat or butter, one teaspoonful chopped onion, one teaspoonful salt, a pinch of pepper, mix all these together (excepting the fat or butter), make into cakes, just enough for one person in each cake. Have the fat hot in the frying pan, cook the cakes in it first on one side then on the other, if cooked meat is used this will only take a few minutes, remove the cakes, pour a little hot water into the pan, scrape the bottom well to get at the glaze and pour over the cakes.

Meat Fibrin.

For enriching sauces and soups. Take four pounds of liver; cut it into long, slender strips; roll it in a mixture of the following: One-half ounce each of allspice, mace, nutmeg, celery salt, black pepper and cloves, all well pounded, after which roll it thickly in flour. It will take longer to dry in the oven than any other meat. When quite dry grind it and mix it with one-quarter pound of heated salt. Bottle and cork. Use it in the proportion of one dessertspoonful to one pint of good stock.

Baked Liver.

Have two pounds of liver, cut so as to be quite thick, cut slashes deep into it, and fill them with the stuffing, one cupful of bread crumbs, well moistened with stock, one saltspoonful of salt and a little cayenne or pepper, the yolks of two eggs well beaten—mix together and fill up the slashes in the liver. In a small baking tin, heat one tablespoonful of butter, then stir in one tablespoonful of flour, when well blended, add one pint of stock, cover the liver with slices of salt pork, place all in pan and bake for one hour, remove to hot platter and serve glazed onions around it, strain the gravy.

Casseroles.

There is a very excellent casserole made in iron, with a close fitting lid, it is valuable for the long cooking of meats, the earthenware ones are better for chickens and other things that are served in the casserole, remember not to hurry anything cooking in a casserole.

Chuck Steak.

This steak contains much nutriment. It can be cooked in the casserole, browned in a little beef dripping on both sides, a few peeled onions added, one teacupful of water, a little salt and pepper. Cover and cook very slowly one and one-half hours. When ready to serve, add one tablespoonful of butter and strain the gravy over the meat. Serve with mashed potatoes.

In roasting any meats with stuffing, if more is prepared than can be used conveniently, put the balance into the pan with the roast, it will be found an acceptable addition when served with the roast.

Beef Mold with Macaroni.

Boil one-half package of macaroni until soft in salted water, drain, and put one-half of it into cold water, the other half mix with one-half pound of finely minced beef, one-quarter pound of bread crumbs, one tablespoonful chopped suet, or butter, one teaspoonful salt, pinch of pepper. Have a mold well buttered, put in the beef mixture, cover the mold and steam for one-half hour, then remove from fire, take from mold and place on hot dish, with the balance of the macaroni, well seasoned, with one tablespoonful of melted butter, one saltspoonful of salt and pepper.

Beef Olives.

Have thin slices cut from the round of beef, slightly beat them to make them level, brush over with a beaten egg, sprinkle with some sifted sweet herbs; season with a little salt and pepper; roll up the slices and fasten with a little wooden toothpick. Put into the stewpan one pint of stock or one pint of hot water, in it lay the olives side by side, closely, put over them some thin slices of bacon, stew very slowly for two hours; take from the pan, remove the toothpicks; thicken the gravy with one-half tablespoonful of flour and one-half tablespoonful of butter rubbed together; pour this over the olives. A few drops of Worcestershire sauce or tomato catsup can be added if liked.

Ox Heart.

This is an economical dish; really good. Soak the heart in vinegar and water three hours, then cut off the lobes and gristle; stuff the heart with salt fat pork chopped fine, the same amount of fine bread crumbs, a little parsley chopped, a little thyme, pepper and salt; tie up the heart in a cloth and let it slowly simmer for two hours, the large end up, then remove from the fire, take off the cloth, flour the heart and roast it until it is browned; lay some pieces of fat pork in the pan and some over the heart, make a gravy by stirring in the pan a tablespoonful of flour and a teacupful of hot water after the heart is removed.

Ribs of Beef in Casserole.

Melt in the casserole some good beef dripping about one ounce to every pound of beef. When the dripping is hot, put in the ribs of beef and cook

until the meat is nicely browned on both sides, then add one good sized onion, pinch of pepper, two teaspoonfuls of salt, with two sprigs of parsley, one of sweet marjoram, one of thyme, or if the sifted mixed herbs are used, use one teaspoonful, cover the beef with stock or with cold water, and cook very slowly, allowing twenty minutes to every pound. Keep the casserole covered, remember the success of casserole cookery is in the very slowness of the cooking.

Beefsteak.

Have pan very hot, shave in a little beef suet, as soon as melted, put in the steak, turn every minute, add more suet if needed—this will be almost as good as broiling and far easier.

Beefsteak Broiled.

Have a clear fire, the broiler hot and greased, place the beefsteak on it, keep turning every minute to prevent burning; when cooked, remove to hot platter and spread the steak with butter, sprinkle over it some salt and pepper.

Beefsteak can be cooked and then receive different garnishes, which are acceptable, and give a decided variety to the steak.

Beefsteak Pudding.

Make a crust of one pound of flour, one-half pound of finely chopped beef suet, one-half teaspoonful salt, and one-half pint of cold water. Roll out the paste until one-half an inch in thickness; line the pudding bowl leaving enough of the pastry to fold over the top. Take one pound of beefsteak, cut into small pieces, roll in flour with one teaspoonful of salt, one-half teaspoonful of pepper, one tablespoonful of water; fill the pudding dish, fold over the crust, and cover the bowl with a clean cloth floured—tie it over tightly, put the pudding into boiling water and boil three hours, remove the cloth, turn the pudding out; cut a small hole in it to let out the steam, and serve.

Pot Roast.

Place the roast in an iron pot without any water, but with a few slices of fat pork on the bottom; let the roast brown on one side, then turn it on the other; when both sides are browned add one pint of hot water, one tablespoonful of chopped parsley or an onion sliced. The roast requires nearly three hours to cook, when done, remove the meat, strain the gravy and put back into the pot; add one tablespoonful of flour, one saltspoonful of salt and a little pepper. Serve hot.

Beef Rolls.

One pound of lean beef, one-third of a pound of sausage meat, one-third of a pound of bread crumbs; mix the sausage and crumbs together with one saltspoonful of salt and one-quarter saltspoonful of pepper. Cut the beef

into slices one-half an inch thick, spread the sausage and crumb mixture over slices and tie firmly; dredge with flour, put into the stewpan with one onion, cut in pieces, two tablespoonfuls of tomato catsup or tomatoes, one-half a teaspoonful of Worcestershire sauce, two slices of salt pork, one-half pint of water; cover closely and cook for two hours.

Rolled Beef.

Cut the bones from the ribs of beef, or take any part of the beef that can be made into a long roll—chop very fine together one garlic clove, one onion, one-quarter pound of fat salt pork, add one saltspoonful of salt, one-quarter saltspoonful of pepper, one-quarter teaspoonful of ground cloves (if liked); mix these well together and spread over the beef, roll, bind with a string or skewers. Put one-half tablespoonful of butter in the stewpan, when it is hot, put in the roll of beef, brown, add one wine glass of wine or vinegar, one glass of water or stock, one bay leaf, a little pepper and two cloves; let the beef cook slowly for two hours, then remove from the pan, skim off the fat from the gravy—put into the gravy a slice of toasted bread—in five minutes strain the gravy through a coarse sieve and serve; garnish the beef with slices of lemon.

Roast Beef.

In roasting meat the oven should always be hot so that the meat will brown at once—the gravy which exudes, congeals on the outside and forms a glaze; this glaze seals the pores of the meat. Never put water in the pan, and do not flour the meat, and never put the salt or pepper on the joint before it is cooked or while it is cooking; when the meat is done pour off the fat from the pan, remove the meat, pour a little boiling water into the pan, carefully scrape off every bit of the glaze on the bottom of the pan, add a little salt and pepper, but no flour—the gravy will be thick enough without any. Garnish with horseradish sauce.

Sirloin of Beef.

The sirloin of beef, about ten pounds, makes three good meals; the thin end can be corned; the fillet is considered the "epicure's piece." The roast is a good one and looks well on the table. It is important to remember that the smaller the cut to be roasted the hotter should be the fire, for an intensely hot fire coagulates the exterior and prevents the drying up of the meat juices. Do not apply this to large pieces of meat, for meat is a poor conductor of heat, and a large piece of meat exposed to intense heat would burn and change to charcoal before the heat had penetrated to the interior.

A Good Stew—1.

Take an earthenware jar, put in the bottom a few slices of bacon, on this a layer of potatoes, then a layer of onions, some chopped parsley, a little

sprinkle of sweet herbs, pepper and salt, and a little grated nutmeg, if liked, then a layer of good beef or mutton, then repeat the vegetables, etc., until the jar is filled, finishing with a few slices of bacon; cover tightly and place in a deep pan half filled with boiling water and bake for three hours.

A Good Stew—2.

Cut small pieces of meat from the leg, about three pounds; roll all in flour until very white, place in stewpan with salt and pepper. Cover with cold water; simmer slowly for five hours. This stew will be found very good and nourishing.

Stewed Tongue, Fresh or Smoked.

Put the tongue into water, enough to well cover it, add a small cupful of salt, parboil the tongue, then peel it and rub it well with mace, pepper, ginger, cloves and allspice. Strain the first water, put the tongue back into it, boil three hours, throw in two large handfuls of raisins, one tablespoonful of brown sugar, one-half cup of vinegar. One-half hour before it is done, add one lemon cut fine, strain the gravy and serve. It should cook in all, four hours.

As soon as the tongue is boiled tender, remove from the kettle, run cold water over it for a minute; this will remove the skin easily. By cooking with the tongue, two pepper corns, a little salt, one clove, one-half bay leaf, a tomato, and other vegetables, a good soup is obtained. Remove the tongue, strain the broth, let cool then skim, reheat when needed.

Beef Trifles.

Take a pound of cold roast beef, mince it very finely, mix with it a seasoning of salt and pepper, three ounces of melted butter, two tablespoonfuls of finely grated horseradish, six tablespoonfuls of fine bread crumbs, and a tablespoonful of minced onion. Mix these ingredients thoroughly, moisten well with two beaten eggs. Put the mixture into small well buttered cups or molds, bake in a moderate oven for twenty minutes, then take out and garnish with sprigs of fresh parsley and serve with or without horseradish sauce.

Spanish Olla Podrida.

One pound of beef, one pound of mutton, one pound of lean pork, one-half pound of bacon, one handful of green peas. Place all these in a stewpan with enough water to cover and simmer slowly; as soon as the meats are half cooked, add one-half head of cabbage, two pieces of pumpkin, one handful of kidney beans, a few potatoes and two sausage; boil together for one hour, season with salt, pepper, cayenne, one garlic clove and a little clove and allspice, add one tomato cut in pieces and one onion, boil together one-half hour longer and serve.

Rump Steak.

Place the steak on the well greased broiler, or in a very hot skillet with a little melted suet—turn the steak often, season well with salt and pepper, cook for fifteen minutes, remove from fire, place on hot dish, spread butter over the steak, garnish the steak with grated horseradish.

Rump Steak, Stuffed and Rolled.

Two pounds of rump steak, two ounces of suet, three ounces of bread crumbs, six olives, one dessertspoonful of chopped parsley, pepper, salt and two eggs. Peel and chop the olives, chop the suet, put into a basin with the crumbs, parsley, olives, suet, pepper and salt; mix well with the eggs. Spread the mixture on the steak, roll and tie securely; place in a greased paper and roast about three-quarters of an hour.

Swedish Stew.

A savory dish and one for which the less expensive cuts of meat can be used. Put into an earthenware dish or casserole two and one-half pounds of beef from the "round," cut into small pieces, cut a good sized carrot in small pieces and also one large onion; add three whole cloves, three large tablespoonfuls of pearl tapioca, one large tablespoonful of bread crumbs, one tablespoonful of vinegar, a little (very little) grated nutmeg, one full teaspoonful of salt, a little pepper; add one pint of cold water; cover the dish and bake in a slow oven for five hours. It may be necessary to add a little more water, which should be hot.

Shepherd Pie.

Cover the bottom of a well greased baking dish, with mashed potatoes, if the potatoes seem too stiff, add a little milk, then fill in the dish with beef cut into small pieces, add a little onion juice and the gravy left from roast, or some hot water seasoned with salt and pepper, and a little melted butter, cover the dish with a layer of mashed potato sprinkled over with bits of butter, place in hot oven and just reheat the meat and potatoes. Serve hot with some pickles.

Meat Pie with Tomatoes.

This pie can be made from either cold beef or mutton. Peel the tomatoes, and slice them, or if canned tomatoes, drain the liquid from them. Cover the bottom of a baking dish with tomatoes, then put a layer of the cold meat sliced, dredge with some flour, sprinkle salt and pepper over—repeat the tomatoes, meat, seasoning until the dish is nearly full—over the last layer put some bits of butter, cover with fine cracker or bread crumbs or with a biscuit dough, rolled thin and rather richer than ordinary. A few boiled potatoes can be added to the pie, if you have a few oysters add them, or a few mushrooms. If bread or cracker crumbs are used a little melted butter poured on them improves the pie.

Meat Turnovers.

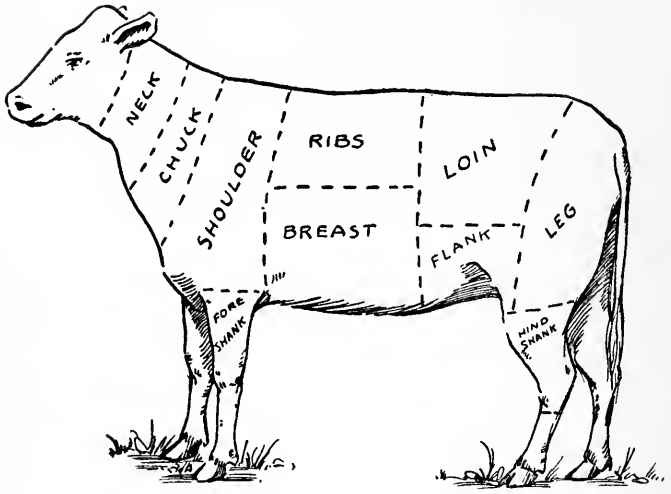
These turnovers can be made of almost any kind of cooked meat; they are excellent for luncheon or dinner and are most acceptable in the children's lunch basket.

Make a good rich biscuit dough, or a good pie crust, roll it out to about one-half an inch in thickness, cut into rounds about the size of a teacup saucer. Mix together any cooked meat, several kinds can be used together, mix some melted butter with the meat, a little mashed potato, some salt and pepper, fill the rounds with this, wet the edges slightly, pinch them together and bake for one-half hour, if not needed for the lunch basket, but for dinner or supper serve a gravy or brown sauce with them.

A Substitute for Meat.

Put one-half a cupful of rich milk into the saucepan, when hot, add two tablespoonfuls of butter, mixed with one teaspoonful of flour and two ounces of bread crumbs, stir well, and keep on cooking the mixture, stirring all the time until it thickens, then take from the fire and let it cool. When cold, add one-half cupful of mixed nuts very finely chopped, one teaspoonful onion juice, two teaspoonfuls of lemon juice, one teaspoonful salt, a little pepper, one teaspoonful of sugar, one-half teaspoonful of grated nutmeg, two unbeaten eggs, and one-half cupful of milk. Beat this mixture until it is smooth. Have a mold well buttered, fill it with the mixture, place the mold in a pan of hot water and cover it, bake for fifteen minutes, remove from oven, turn out on a hot dish and serve a white sauce, in which, if convenient, put some hot cooked fresh mushrooms.

Veal.



Breast of Veal, Fricasseed.

Lay the breast of veal in warm water to whiten it for a few minutes, then cut the meat into small pieces. Put in the stewpan one-half tablespoonful of butter, one onion, one carrot, a sprig of thyme and a thin slice of lemon peel, a little salt and pepper; dredge the meat with flour, put all in the stewpan with one pint of water; simmer for two hours—the meat must not brown; when ready to serve, take out the meat, skim the fat from the gravy and add the yolks of two eggs well beaten, and the juice of one lemon, one cup of white bread crumbs, a little salt and nutmeg; stir these well into the sauce, cook five minutes and serve with the veal.

Veal Birds.

Veal birds are made in Austria from slices of uncooked veal, covered with thin slices of bacon and a sage leaf, then tied up and roasted. There is, however, no reason why they should not be stewed. A foundation gravy is made of a mixture of white stock and cream, flavored with lemon peel, parsley, cayenne, and a dash each of salt and nutmeg. The "birds" must stew in this for about two hours.

Cream of Veal.

Two pounds of veal cutlet, pound until soft and thin, then cut into finger lengths and about one inch wide, dip each piece into beaten egg, then into

fine bread crumbs, seasoned with salt and pepper and a little nutmeg. Put one tablespoonful of butter into the pan; when it is hot put in the veal, brown the slices on both sides, and cook fifteen minutes, then place them on a hot dish. Pour into the pan two tablespoonfuls of cream, let it boil once, then strain over the veal. Serve with slices of lemon.

Veal Cutlets.

Have the cutlets free from bone if possible; trim and beat them well with the pastry roller until the fibre of the meat is broken; this process improves veal, but it is injurious to many other meats. Dip each cutlet in flour or in beaten egg and bread crumbs and fry for fifteen minutes in good fat, either of dripping or lard, not a deep fat. Then remove the cutlets from the fat and pour out the fat. Put into the pan one tablespoonful of flour and one tablespoonful of butter; cook these together for a minute, then add one cup of broth or boiling water, one spoonful of lemon juice, a saltspoonful of salt, one-half a saltspoonful of pepper; strain the gravy over the cutlets and serve hot.

Fried Veal Cutlets with Cream Gravy.

Take two pounds of veal from the leg, cut into small round pieces; dip each piece into flour mixed with one teaspoonful of salt and a little pepper. Put two tablespoonfuls of butter in the frying pan, when hot put in the cutlets and fry slowly until they are brown and tender, then remove to a hot dish. Pour into the pan one teacup of cream, let it just boil, then strain over the meat. Serve hot.

Veal Cutlets with Macaroni.

Take one-quarter pound of macaroni broken into four-inch pieces; put into one pint of boiling water; when boiling put on the back of range to simmer for thirty minutes, then pour in one teacupful of cold water, this is the correct way to prevent the macaroni from pulping; add one saltspoonful of salt. Make a gravy from some fine stock, thicken with one tablespoonful of flour, add one tablespoonful of some good catsup, drain the macaroni and put it into the gravy. Take the cutlets, roll them in the beaten yolk of egg, then into bread crumbs, fry them in fat until they are brown, add a sprinkle of thyme over them and a few drops of lemon juice. Place the macaroni and cutlets on a hot dish and sprinkle them with paprika. Serve the gravy in small dish.

To Prepare Calves' Brains for Cooking.

Wash the brains in cold water, drain them, cover again with cold water, in which put a tablespoonful of good vinegar or lemon juice and one saltspoonful of salt; let the brains soak in this mixture for twenty minutes. Put in the saucepan some boiling salted water, drain the brains and put them into the saucepan with one onion, one bay leaf, six peppercorns and six

cloves; let them cook for thirty minutes, then drain and put them again into cold water; when cold pinch off all the fibers you can without breaking the brains.

Baked or Fried Calf's Brains.

Slice the cooked brains, dip in beaten egg, then in cracker dust, then in egg and fry them in a little butter, or bake them in the oven for ten minutes. Serve with tomato sauce.

Fricandeau of Veal with Spinach.

Three pounds of the fillet of veal, take out the bone, trim the piece nicely and lard the top with thin strips of salt pork; put into the stewpan the bone and trimmings of veal, with one carrot, one onion, cut fine, a little salt and pepper; lay on the top of these the veal, add one-half pint of broth, boil until the broth is thick, then add one pint more of broth, and simmer all for one and one-half hours; baste the fricandeau every few minutes, when cooked, take from the pan. Skim off the fat and strain the gravy and serve it over the meat; place the fricandeau on a bed of cooked spinach.

Fricandeau of Veal.

Use four pounds of veal (the fat side of the leg), one pint of broth, four ounces of lean ham, one faggot of sweet herbs, one carrot, one onion, one bay leaf, one blade of mace, one-fourth pound of fat bacon for larding, eight artichoke bottoms, six truffles, four mushrooms. Beat the veal with a rolling pin, take off the skin and trim off the rough edges, lard the top and sides, cover it with fat bacon, lay it in a stewpan with some trimmings of raw veal underneath it, also the onion and carrot, the herbs, mace, the lean ham, pepper, add salt and a pint of broth, cover and let it stew slowly three hours, then take out the meat, remove all fat from the gravy, boil quickly to a glaze and glaze the fricandeau. Make a rich gravy, add the mushrooms, truffles and artichoke bottoms, and serve round the meat.

Calf's Feet.

Boil four calf's feet in slightly salted water, just enough to cover them, when cooked take from the water and remove the bones. When cold, cut the meat into small pieces. Fry these in two tablespoonfuls of butter, when lightly brown, take out of the pan while the sauce is made in the pan. For this, fry two onions, sliced, one garlic clove, one green pepper, sliced, the seeds carefully removed, a few mushrooms, a little powdered mace, one teaspoonful salt, pinch of pepper, adding boiling milk until the sauce is thick, then take from the fire, strain the sauce, add the calf's feet and the yolks of two eggs well beaten, the juice of one lemon and one tablespoonful of hot water, stir all well together, pour into a buttered tin and put away to cool. When needed, cut this into slices, dip in egg yolk and then in bread crumbs and fry.

Imitation Pate de Foie Gras—Very Good.

This is most useful for sandwiches or for serving at afternoon tea.

Take one pound of fresh calf's liver, boil it in slightly salted water until it is perfectly tender, then put it through the meat chopper or else pound it until fine and smooth. Moisten it with melted butter, all it will take up. It should be a smooth, soft paste. Season well with cayenne, a little wee bit of mustard, and a little grated nutmeg. Add one tablespoonful of water, in which has been boiled an onion and one clove. Mix all the various ingredients together, put in little pieces of cold boiled tongue, or bits cut from the cooked gizzards and livers of chickens. These quite successfully imitate the truffles found in the famous Strasbourg pates and perhaps are quite as genuine.

Pack the paste in small jars, pour melted butter over the tops, keep cool and it will keep perfectly for weeks.

Italian Cheese.

One pound and a half of calf's liver, cover it with boiling water for five minutes, then dry with a soft cloth and chop it very fine; chop one pound of veal and one-half pound of ham fine and mix with the liver, add one onion chopped fine, two tablespoonfuls of chopped parsley, one teaspoonful of salt, one-fourth teaspoonful of pepper, a little cayenne and a pinch of powdered sage. Mix all well together and put into a buttered mold, cover tightly and steam or boil for three hours, then remove the cover, pour off any liquid from the top, pour this into a saucepan and while hot add to it one-fourth of a box of gelatine which has been previously soaked in a teacup of cold water, stir until the gelatine is dissolved, add a little salt and pepper, pour this into the mold over the cheese, it will fill up all the places which have shrunk in the cooking; shake the mold so as to have the liquid settle around the sides; leave it to cool, when cold turn on a platter and garnish with slices of lemon and sprigs of parsley.

Liver and Bacon.

Cook in a frying pan as many slices of bacon as may be required, place them on a hot dish and keep hot. Lay the liver in the frying pan in which the bacon was cooked, sprinkle it generously with salt and pepper and cook. Place the liver on a hot plate and with a sharp knife cut the meat into thin strips, removing all the stringy and gristly parts. Return the liver to the frying pan, add a generous piece of butter and more salt and pepper, and stir it around with a fork, letting the meat become thoroughly heated. Turn it into the center of a hot platter, place the bacon around it and serve. The liver and bacon can be cooked in a chafing dish; follow this recipe.

Braised Liver.

Two and one-half pounds of calf's liver, three small onions, one can of mushrooms, one bunch of parsley, one-eighth pound of butter, one-half

pound of salt pork, one lemon. Lard the liver with the pork, melt the butter in the kettle (a small iron one with a tight cover, is the best for this preparation), then put in the onions, mushrooms, parsley and lemon; put in the liver, cook one hour, place on hot dish, strain the gravy and pour over the liver.

Baked Calf's Liver.

Take one liver, pour over it boiling water and skin it; wash it in several waters, lard with bacon or salt pork. Put in a pan a little bit of sliced onion, a carrot sliced and a little water, tablespoonful butter, put in the liver, which you cover well with onions sliced; sprinkle all with flour, and baste often, in a hot oven. Bake one and one-half hours.

Calf's Liver, Larded.

The operation of larding is done by passing strips of larding pork, which is firm, white, fat salt pork, cut two inches long, and quarter of an inch square, in rows along the surface of the liver, placing the strips of pork in the split end of a larding needle, and with it taking a stitch about a quarter of an inch deep and one inch long in the surface of the liver, and leaving the ends of the pork projecting equally; the rows must be inserted regularly—the ends of the second coming between the ends of the first, and so on, until the surface is covered. Put the liver in a pan or in a casserole on one ounce of carrot, one ounce of onions and one ounce of salt pork sliced, half a teaspoonful of salt, quarter of a saltspoonful of pepper, three sprigs of parsley, one of thyme, three bay leaves, and six cloves; two tablespoonfuls of brown gravy poured over it and cook in a moderate oven about an hour or until it is thoroughly done.

Calf's Liver with Cream.

Wash the piece of liver, wipe it dry and cut in slices, half an inch thick, season each slice with pepper and salt, and dust with flour. Melt in the frying pan one tablespoonful of butter or good dripping, put in the liver and fry a light brown, take from the frying pan, cut liver into pieces one-half an inch square, pour out most of the fat in the frying pan, return the pieces, stir into them one teaspoonful flour and two tablespoonfuls of good cream, let all boil once, stirring them all the time and serve on a hot dish. Fresh mushrooms can be added and cooked with the liver.

Calf's Head, Boiled.

Have the head thoroughly cleaned, scraped and split open; see that the ears are clean; then put the head in cold water for an hour. Remove the brains; be careful not to break them and put them into a basin and cover with cold water. Put the head into a large enough kettle for the water to entirely cover it, bring the water quickly to the boiling point, skim and then put the kettle on the cooler part of the stove and simmer the head for three hours; add one teaspoonful of salt and one-quarter teaspoonful of pepper, remove

from the fire; take out the large bones and pour over the head either Brown, Parsley, Tomato or Bechamel sauce. The water in which the head was cooked may be used for mock turtle soup, or a white soup.

Calf's Head Terrapin.

One pint of cold calf's head cut into small pieces, one cup of the water in which the head was cooked, one-half a teacupful of cream, one-half teaspoonful of salt, a little cayenne, two tablespoonfuls of sherry, the yolks of two eggs, one tablespoonful of butter and one tablespoonful of flour.

Put the stock into the stewpan or chafing dish, mix the flour and butter well together and stir into the boiling stock, stir constantly until thick and smooth; add the meat, salt and pepper and cook for five minutes, then remove from the fire or put out the lamp of the chafing dish and add the sherry.

Cold chicken, turkey, game and *veal* are all very good treated in this manner.

French Pie.

One and one-half pounds of calf's liver, one-half pound of unsmoked fat bacon, one-quarter pound of cold roast veal, rabbit, or chicken, one-half teaspoonful of white pepper, one and one-half ounces of gelatine, one onion, one pint of stock, a little cayenne, nutmeg, mace and salt. Boil the calf's liver till tender; when cold put twice through the mincing machine with the onion, season highly with pepper, salt, cayenne, mace and nutmeg. Soak the gelatine and melt it with the stock; line a china mold with the bacon cut into very thin slices, then put a layer of the cooked meat or poultry, next a layer of the pounded liver, and so on, till the mold is full; pour in the stock in which the gelatine has been melted, cover the top with bacon, and bake in a moderate oven. Do not turn it out of the mold until next day.

Veal and Ham Pie.

Two pounds of veal cutlets, cut into small pieces, put a layer on the bottom of a deep pie dish, sprinkle over some finely minced herbs, a little grated nutmeg, some salt and pepper, a little finely minced lemon peel, cut a hard boiled egg into slices, place these on top, then add a sprinkle of finely cut boiled ham, repeat all this, lastly pouring in some good stock, cover with a good paste, bake about one hour, remove from oven, open a little place on top of the pie, pour in some good strong stock, so that when cold this will be a stiff jelly.

Braised Loin of Veal.

Four pounds of loin of veal, take out the bone and tie the veal round with a string; put it into the stewpan with one-half tablespoonful of butter; brown it on both sides, and then add one quart of good stock, one carrot cut fine, one onion in which stick two cloves, one little bunch of sweet herbs, one teaspoonful of salt, one-half teaspoonful of pepper. Simmer on a

slow fire for two hours; keep the stewpan half covered. Take out the meat, put on the platter and keep warm while you strain the gravy; skim off all the fat, let the gravy boil hard for a few minutes to reduce it, then pour over the meat. Serve spinach with veal.

Veal Loaf.

Three pounds of minced, raw, lean veal; one-half pound of salt pork chopped fine, one teaspoonful of pepper, one teaspoonful of salt, one-half teaspoonful of sage, three Boston crackers, rolled fine; one egg, two tablespoonfuls of cream. Mix all together, shape into a loaf, put a few bits of butter on the top and bake one hour slowly; when cold serve, cut in thin slices.

Minced Veal with Poached Eggs.

Take one pound of cold veal, mince it fine and place in the stewpan, add one cup of milk, one tablespoonful of butter, one saltspoonful of salt, one-half saltspoonful of pepper, a little nutmeg. Mix well together and let the mixture heat thoroughly. Have slices of hot toast ready; put the mince on the toast and poached eggs on top.

Baked Sweatbreads.

Parboil the sweetbreads, then put them into cold water for a few minutes, remove the skin and any gristle, lard the sweetbreads with narrow slices of salt pork and place in a baking pan. Put into a stewpan the water in which the sweetbreads were cooked, add one tablespoonful of browned flour and one tablespoonful of butter mixed together; a little salt and pepper, one bay leaf, one small onion in which stick two cloves; let all boil for five minutes, then strain this over the sweetbreads which bake in the oven for twenty minutes.

Sweetbread Cutlets.

Soak one pair of sweetbreads in salt and water for an hour, then drain; remove any strings and blood, put them in the saucepan with one-half pint of good stock, boil for a half hour, drain and let them cool; cut off all the fat and gristle; chop them fine with one tablespoonful of boiled ham, one-half pint of canned mushrooms, or fresh ones; one saltspoonful of salt, one-fourth teaspoonful of pepper, a little cayenne and a very little grated nutmeg, three drops of onion juice. Take one tablespoonful of butter in the saucepan with one tablespoonful of flour, stir them over the fire; when they are smooth add two tablespoonfuls of cream and one tablespoonful of stiff jellied stock, stir together until smooth, then add the sweetbread mixture—it should be a soft mass, not at all stiff; pour it onto a plate; when cold form into cutlets, dip each one in beaten egg then into fine cracker crumbs—put on the ice for an hour or more. When needed, fry them in very hot fat, they only require to be browned. Serve green peas.

Sweetbreads with Asparagus Sauce.

Two or three sweetbreads, wash well, cook in a little stock, or if not available, hot water, a little salt and one onion cut in pieces, one blade of mace. Cook about fifteen minutes slowly, then remove from the water, place on a plate, cover with another plate with a weight on it to flatten them out, let them cool, then place in stewpan, add the stock in which they were boiled and cook about ten minutes, remove, place on hot plate, thicken the stock with one tablespoonful of flour mixed with two tablespoonfuls of butter well blended, when the sauce thickens, add one small cup of hot cream or rich milk, add a very little grated nutmeg and one teaspoonful of minced parsley, have some asparagus tops or green peas boiled, which add to the sauce and serve.

Sweetbreads with Spanish Sauce.

Take one pair of sweetbreads; let them lie in salted cold water for an hour, then blanch them. This is done by letting them boil just once and then placing them after in cold water for a few minutes. Drain and press them between two plates; take off all skin, fat and gristle; cut one carrot fine, one turnip fine and one onion fine, put these into a saucepan with the sweetbreads, add one pint of stock, or hot water, let all stew very slowly for half an hour, then remove the sweetbreads to a small pan; boil the liquor very rapidly for three minutes to reduce it, baste the sweetbreads with it several times, put them into a hot oven to brown, serve on slices of fried bread, pour over some Spanish sauce and serve hot.

Sweetbreads in Oven.

Blanch the sweetbreads, press them until cold; put into a small pan two tablespoonfuls of butter, when hot lay the sweetbreads in, squeeze the juice of one lemon over them and cover with a buttered paper; cook in the oven for an hour, the saucepan standing in a baking pan containing hot water; lift the paper occasionally and baste the sweetbreads, when cooked remove from pan, sprinkle over finely chopped cooked ham or tongue and parsley. White sauce can be served with them if desired.

Fried Sweetbreads—1.

Trim and wash thoroughly two sweetbreads; have the skillet hot, put in one-half tablespoonful of butter, when hot add the sweetbreads, fry them brown on each side, then set them on the cooler part of the stove to cook slowly.

Fried Sweetbreads—2.

Parboil the sweetbreads, when cold remove the skin and any gristle, rub the sweetbreads with lemon juice, cut them in slices and dip each slice in beaten egg and then into fine breadcrumbs seasoned with salt and pepper, then fry in deep hot fat for three minutes.

Make a cream sauce of one tablespoonful of flour, one tablespoonful of butter well cooked together and two tablespoonfuls of cream with a little nutmeg and two drops of onion juice; serve hot with spinach.

Sweetbreads—Havanese.

Fry the sweetbreads without blanching, in butter; when they are evenly browned, serve with a tomato sauce, to which add five or six fresh, red peppers, chopped fine. Serve with the sweetbreads green peppers stuffed with mushrooms, truffles and bread crumbs mixed together, cook the peppers in the sauce—skins are easily taken off the peppers by placing them in the oven for a few minutes, then pull off the skins before stuffing them.

Sweetbread Patties.

Sweetbreads boiled, cooked, seasoned and cut in pieces when cold, the white meat from a cooked turkey, all make good fillings for patties prepared the same as chicken patties.

Truffled Sweetbreads.

One pair of sweetbreads, three truffles, one-half pint of stock, one tablespoonful of flour, a little pepper and salt. Soak the sweetbreads in water for two hours, then boil them from ten to fifteen minutes, throw them again into cold water for half an hour, then drain. Chop up the truffles and make a thick layer of them and place on one of the sweetbreads, put the other bread on the top of it. Bind them together and stew gently in the stock for half or three-quarters of an hour, season with pepper and salt; thicken and brown the sauce and serve with fried pieces of bread round the dish.

Mock Terrapin.

Cut the calf's liver into small pieces; you must first wash the liver and let it cook in a hot oven for one-half hour. Shake over the liver one teaspoonful of flour, one teaspoonful of mustard, a little cayenne, one teaspoonful of salt, a quarter of a teaspoonful of ground cloves. Stir these together and add the gravy which came from the liver while in the oven and add one small cup of boiling water. Keep all the mixtures hot but not boiling. Just before serving add two hard boiled eggs chopped, one tablespoonful of butter, one wine glass of wine and one teaspoonful of lemon juice.

A little grated nutmeg is always an addition to veal. Also a little lemon juice, or thin slices of lemon or thin bacon fried placed around veal chops or cutlets.

Veal Scallops.

Take thin slices of veal, cut them into pieces about an inch square, season with a little salt and pepper and some sweet herbs, dip each piece in the yolk of egg, then into bread crumbs; fry some pieces of salt pork, remove these from the pan and put in the scallops, fry them brown and then add one cup of stock, one-half cup of cream or milk, one cup of oysters or mushrooms and one tablespoonful of lemon juice.

Tripe.

When the tripe comes from the butchers, scrape well, then put on to boil in cold water; as soon as it boils drain off the water and replace with more cold water—boil for four hours; add to the water one onion, one teaspoonful of salt, a little cayenne, six pepper-corns and two cloves tied in a little bag, one bay leaf, one tablespoonful of vinegar; the tripe when cooked is ready to be used for any of the various preparations of tripe.

Creamed Tripe.

Prepare the tripe as directed. Cut the tripe into small pieces; put one tablespoonful of butter into the stewpan; when it is hot add one tablespoonful of flour, stir together; when smooth add one teaspoonful of salt, a little cayenne, a little nutmeg, one-half pint of cream and the tripe, and cook for five minutes.

Tripe Cutlets.

Prepare the tripe as directed. Cut the tripe into pieces large enough for one portion; dip each cutlet into beaten egg, then into fine bread crumbs, have the crumbs seasoned with salt and pepper, a little cayenne and a very little nutmeg, then into the egg again. Take one tablespoonful of butter, place in a pan; when hot, put in the cutlets, brown and turn—they are cooked as soon as they are brown. Serve hot.

Fried Tripe.

Prepare the tripe as directed. Cut the tripe into small pieces, dip them in beaten egg, then into bread crumbs; fry in deep hot fat and serve hot.

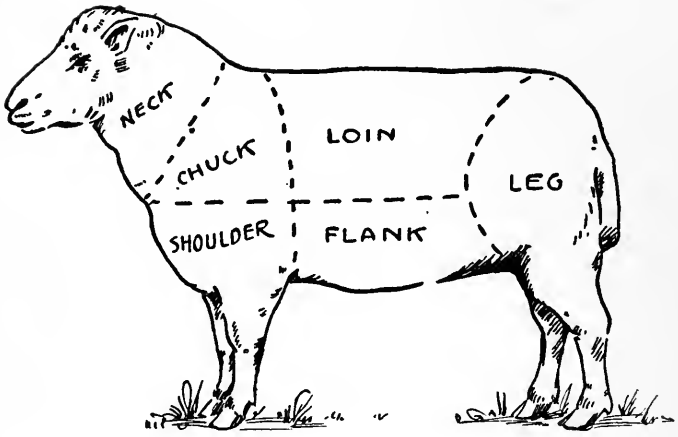
Tripe and Oysters.

One pound of cooked tripe, one quart of oysters. Cut the tripe into inch pieces; drain the oysters, cook the tripe in boiling water for five minutes; put the oysters in a pan and let them just come to the boiling point, then drain them. Make a white sauce of two tablespoonfuls of butter, two tablespoonfuls of flour; when hot, add one cupful of cream; when smooth, add the tripe and oysters, seasoned with salt and pepper.

Tripe.

It may not be generally known that stewed tripe is the most easily digested of all solid animal food; it is fully digested in one hour after being eaten.

Mutton.



In selecting mutton, see that the lean is a clear dark red, and the fat, white and firm. The leg should be laid on the platter with the smooth flat side uppermost and cut straight across it.

When a leg is roasted and ready to serve, a very good gravy can be made by pouring a little boiling water over it, then remove the leg, place on platter and add a little salt to the gravy and serve.

Lamb.

If fresh, the neck vein will be a bright blue, the knuckle stiff, the meat should smell sweet and fresh.

Mutton or lamb dripping *cannot* be used in cooking as it never loses the mutton taste.

Mutton.

A leg of mutton for boiling should be fresh and not hang as long a time as for a roast.

Breast of Mutton Boiled.

Place the breast of mutton in the kettle, with just enough hot water to cover it; let it come to the boiling point and then place on the back of the stove and let it simmer for three hours; then remove from the fire and pull out the bones. Make a forcemeat of one cup of bread crumbs, one tablespoonful of chopped parsley, one teaspoonful of thyme, one teaspoonful of salt, a little pepper, one-half teacupful of chopped suet; spread this over

the breast of mutton, roll it up and fasten with a skewer, dip the roll into beaten egg and then into fine bread crumbs, place in the oven and brown, basting often with butter-water for twenty minutes or until well browned. Serve hot, with stewed onions.

Sheep's Brain with Brown Sauce.

Take four sheep's brains—be careful not to break them, put into a basin, cover with warm water, remove the skin and let them remain for two hours, then put them into a saucepan, cover with boiling water, add one tablespoonful of vinegar, one teaspoonful salt, cook until they are firm, then remove from fire and place in cold water for a few minutes. When needed, put the brains into one pint of stock, have one onion stuck with two cloves, one sprig of parsley, one slice of salt pork and cook all these twenty-five minutes—remove from fire and serve on hot dish, pour over a Brown Sauce.

Breast of Lamb Broiled.

Put the breast of lamb into cold water with one onion, some parsley or celery salt and pepper, two cloves and a little lemon peel; simmer until nearly cooked, then take out the meat and let it cool; when cold remove bones, divide it into narrow slices, dip each slice into melted butter, then into bread crumbs and broil them five minutes and serve.

Braised Mutton.

Prepare and cook the same as Braised Beef.

Cold Mutton.

Cut the mutton into chops, dip each piece in beaten egg in which put one tablespoonful of milk, then into fine bread crumbs and fry in deep hot fat.

Lamb Chops Broiled.

Proceed as for Mutton Chops.

Lamb Chops Breaded.

Take as many lamb chops as required. Trim off a little of the fat if there seems too much on the chops; brush over each chop with a little melted butter, then at once, while the butter is warm, dip each chop in fresh bread crumbs, these crumbs must be fine but not hard. Have your gridiron or broiler hot, rub it well with some dripping or with the fat you have trimmed off. Have a clear fire, turn the chops every two minutes, they will take about eight minutes to cook, they should be nicely browned on each side. Have your meat dish hot, when the chops are arranged on it, put a little melted butter on each chop and sprinkle over finely chopped parsley.

Mutton Chops from Forequarter.

Try the chops from mutton, not the ones with the small bone, but from the fore quarter. Stew them gently in the stewpan, with a little tomato, a carrot, an onion or two. Stew very slowly, remember; then take out the chops, dip them in bread crumbs and beaten egg; fry just long enough to brown; put on a hot platter and pour over the gravy made from the stock they were stewed in; thickened a little, a few drops of mushroom catsup added, or, if this particular catsup is not obtainable, any good catsup will answer.

Slices from Leg of Mutton.

Cut slices from a leg of mutton after it has hung for two or three weeks, cut them one-half an inch thick, season with a little salt and pepper, then put in the frying pan or chafing dish with a quarter of a pound of butter; let the butter become hot before putting the mutton in it, and dredge the slices with flour, in which has been mixed one-half a small teaspoonful of powdered mace; when the mutton is cooked, add one glassful of currant jelly, stir this until it is quite dissolved. Add one glassful of port wine, remove from the fire, let it stand one minute, then serve very hot. This is a good chafing dish recipe.

Mutton or Lamb Chops Stewed.

Take the chops either from the loin or neck of mutton or lamb. Have them cut rather thicker than for broiling, trim them, remove most of the fat. Sprinkle flour, salt and pepper over each chop. Put them into the stewpan, with enough cold water to cover and add one tablespoonful of rice. Let the chops simmer very slowly for an hour, then remove from the pan, strain the gravy and pour over the chops. A few slices of onion and carrot can be cooked with the chops, afterwards served with them, seasoning the vegetables with a little melted butter.

Lamb Cutlets.

Fry lightly in butter two pounds of lamb cutlets or chops, put aside to cool. Put in a saucepan one tablespoonful butter, one-half can mushrooms or far better some fresh ones, one small onion, one teaspoonful minced parsley, one teaspoonful salt a little cayenne and a very little mace. Cook together ten minutes, add one cupful of white sauce, one teaspoonful lemon juice, one teaspoonful sugar, cook until hot, remove from fire and add the well beaten yolks of four eggs. Dip each chop or cutlet in this sauce, well covering them and put aside to cool, beat one egg yolk with one tablespoonful warm water, dip each chop in the egg, afterwards into fine bread crumbs, and fry in a little butter until they are a light brown. Place on hot dish, arrange around it—put green peas in the center of dish with the balance of the white sauce.

Crown of Lamb.

The crown is the side of the lamb with all the ribs turned around in a circle to form a crown. The center is filled with the trimmings from the bones, when they are "Frenched," and a string is tied around the outside to keep the crown in shape and then you proceed as follows: Season the lamb with salt and pepper, place it in a roasting pan, put one whole onion in center of the crown. Baste the meat all over with melted butter, place the pan in a hot oven, roast until the meat begins to brown, then add one cup of boiling water or meat stock. Roast, basting very frequently till done, which will take about an hour and a half. When done, place the meat on a hot dish, garnish with green peas, carrot balls and potato balls. Remove all fat from the gravy, mix one tablespoonful of corn starch with a little cold water, add it to the gravy, cook and stir five minutes, add sufficient meat stock or water to make one pint of sauce, cook five minutes, strain and serve with the lamb.

Broiled Chops.

Remove the fat, beat them with the steak beater, dip in melted butter, sprinkle over a little pepper and roll them in pounded cracker or bread crumbs, then place over a clear fire and broil eight minutes, four for each side; turn them often, serve very hot. A thick chop will take twelve minutes to cook; a thin one nine minutes. Always have the gridiron hot before putting on the chop.

Broiled Mutton Chops.

Remove the fat from the bone, beat the chops slightly to level them. Have the gridiron hot and greased, the fire bright and clear; broil the chops eight minutes, place them on a hot platter, arrange them neatly, put a small piece of butter on each chop and a little pepper and salt. Serve the chops very hot. Mutton chops should be broiled over a clear but not fierce fire; pour a little olive oil over the chops and sprinkle them with a little pepper and salt an hour before broiling them.

Irish Stew.

Take two pounds of pieces of mutton (the trimmings of chops and the neck make a good stew), two pounds of potatoes cut in pieces, one teaspoonful salt, one-half teaspoonful of pepper, two onions may be added if liked, and one carrot, all cut in pieces; add one pint of water; let the stew simmer for two hours; add one tablespoonful of butter, serve hot.

Mutton and Lamb Kidneys.

Fry in butter some slices of bread trimmed free from crusts; split six fresh kidneys, after they are washed free from fat and skin. Season them well with salt and cayenne, lay them in the pan and fry in a little butter; when they have cooked for ten minutes remove from the pan, place on the

slices of fried bread; thicken the gravy with one tablespoonful of flour, and one teaspoonful of tomato catsup or one teaspoonful of Worcestershire sauce and one teaspoonful of sherry or port wine. Serve the kidneys very hot.

Boiled Leg of Mutton.

Have the water boiling; put in the leg and let it simmer, not boil, until cooked—all meats are more tender if not allowed to boil hard. Allow twenty minutes to each pound; put one onion and one bay leaf into the water, and a little salt and pepper. Serve with caper sauce.

Neck of Mutton Boiled.

Place the neck of mutton in boiling water, to which add one tablespoonful of salt; let it simmer slowly for two hours; then remove from the stewpan and serve with caper sauce, or with parsley or butter sauce. The liquor in which the neck was boiled should be strained, and the next day it will serve as the foundation for a good broth or soup.

Minced Mutton on Toast.

Mince very fine the remains of cold mutton left from the roast or boiled mutton, add to the mince one teacupful of milk, one tablespoonful of butter, one-half teaspoonful of salt, a little pepper, three drops of onion juice (if liked); let all become hot, then serve on hot toast. A poached egg may be placed on each portion, and will be an addition.

Mutton Pie with Tomatoes.

Mutton pie with tomatoes is an excellent way to use cold roast mutton. Put a layer of sliced tomatoes (or canned tomatoes) in the bottom of a deep baking dish. Over this put a layer of sliced cold mutton, dredged with flour, and season with pepper and salt. Fill the dish with alternate layers, having tomatoes on the top, sprinkle over with rolled cracker crumbs, and bake in a moderate oven one hour. If liked, a little onion or chopped green pepper may be used for further seasoning. This is an economical dish, and appetizing.

Left-Overs of Mutton, Lamb or Beef.

Utilize the "left-overs" of dinner for a toothsome lunch or supper dish. If you do not have enough of one thing, take some of another. Into a frying pan put a minced onion with some meat stock or gravy and let it cook five or ten minutes when you may add two cupfuls of cooked rice,—if this is scant piece out with cold hominy,—add the tomatoes left from dinner the day before, presumably about a pint. If there is any cold meat separate it carefully from gristle, bone and fat, use beef, lamb, veal, chicken chopped fine. Season with a little cayenne. Simmer all together for half an hour and serve hot.

Lamb Roasted.

The loin of lamb is the best for roasting. The lamb should be of good size. Good lamb being fat, should be placed in the baking pan the ribs down. By this means the meat will not be dried in roasting being kept moist by the basting. The ribs, too, will flavor the meat—through the medium of the basting better in this position. The lamb should be rubbed well with pepper, salt and flour, the pan dusted with flour, and this flour allowed to brown before any basting is done.

All good pan-gravies are made after one invariable rule: All but a few tablespoonfuls of the fat is poured off, the pan then stood on the top of the stove, the flour blended and stirred with it until brown, then the water or stock added, also the seasonings.

Mutton or Lamb Roasted.

Parboil the leg of mutton or lamb by placing in three pints of hot water, with five whole onions; parboil for fifteen minutes; remove the meat and place in a roasting pan, put on top and around the leg the onions, which will give a delicious flavor to the meat. When cooked, which will be in one and one-half hours, remove to a hot dish and serve with the browned onions around it. Save the water in which the meat was parboiled. The next day, take the bone of the meat, any little bits of the meat not needed for a hash, add one carrot chopped fine, one cupful of tomatoes, one-half cupful of barley, one teaspoonful salt and you have a good soup.

Any portion of the meat not used, mince finely through the meat cutter; add a little milk to it and a small tablespoonful of butter; heat it, not letting it boil or harden; place upon slices of toast and put on each portion a poached egg. The eggs should be poached after the mince is on the toast. It should be kept hot, for it is better it should wait than that the eggs should. The gravy for the meat the first day should be made from the juices in the pan after the roast is removed, the fat skimmed off and a little flour moistened with water stirred in, scrape the pan well to obtain all the glaze from the meat and onion for the gravy.

Roast Lamb.

Take a leg of lamb or mutton, place in soup kettle, add one quart of warm water and six onions, let the water come to a boil, skim, remove the lamb or mutton, place on the baking tin, the onions around and above it, and roast as usual. This treatment results in a delicious flavor permeating the meat and yet is not strong of onions.

Roast Mutton—1.

Plain roasted mutton, though delicious, is rather monotonous after a while, so the housekeeper might try instead the following recipe: For a loin of mutton weighing about five pounds, remove first the bone, spread out

the loin rather flat, and take off any fat you see over the meat. Mix together six tablespoonfuls of fresh bread crumbs. By fresh bread crumbs is meant those which have not been dried and rolled, four tablespoonfuls of finely minced suet, four tablespoonfuls of finely minced ham or salt pork, two teaspoonfuls of finely minced onions, one teaspoonful of minced parsley, one egg well beaten, and a little salt. Mix into a soft paste. If it seems too dry to spread on the loin easily, add a little milk or stock, spread it all over the loin evenly, the meat must be skin side down. Roll it up, just as you roll a roly-poly pudding, tie it up, place in the baking pan and roast, allowing twenty minutes to each pound of meat. Baste it frequently with a little butter melted in some hot water; when cooked, remove the string, serve with gravy made in the roasting pan, a very little flour being added to the juice. Make the gravy quite smooth. Serve currant jelly with the meat. This loin is very good and will be found more appetizing than plain roasted mutton. Boil the bone with any other bones or scraps of meat cut off the loin, for a soup or for a gravy to warm up slices of the mutton the next day, if you prefer them hot.

Here is another way to cook mutton: Remove the skin and fat from a leg of mutton, cover it with a clean cloth which you have dipped in vinegar, let it hang for two weeks (of course in cold weather). Whenever the cloth becomes dry, dip again in vinegar. When ready to use, rub the meat with some salt, lard it with little strips of fat salt pork, dredge it with flour and place the leg in the roasting pan; put quite a lot of good dripping under and around it, which, as it melts, you use for basting the leg. Allow fifteen minutes to the pound in roasting. When ready, remove from the pan. Pour off nearly all the dripping and add to the little that is left one cup of sour or sweet cream; let this become hot, not boiling it, and serve with the mutton. Cooked in this way mutton resembles venison.

Roast Leg of Mutton—2.

Select a good sized leg of mutton of ten pounds; in winter let it hang for three weeks, unless it has been hung for a long time at the butcher's. Before roasting, beat the leg well, all over, with the rolling pin; this adds greatly to the tenderness and delicacy of the meat. Put a clove or garlic or a few slices of shallots into the hock end of the leg, dredge with flour, spread a little butter over and roast for one hour and thirty minutes; baste the mutton frequently with a little boiling water at first, then from the juice in the pan. When the mutton is cooked, place on hot platter, strain the gravy, skim off the fat. Serve currant jelly with roast mutton.

Leg of Mutton Stewed.

Beat the leg well and rub over a little salt; grease a tin baking pan with butter; put on the bottom sliced onions, two bay leaves, one carrot sliced, one

tablespoonful of vinegar, one-half a pint of water, one saltspoonful of salt, one-fourth saltspoonful of pepper. Lay the mutton in the pan and bake in a hot oven until it is brown, basting often with the gravy in the pan; when brown, put the mutton in a stewpan with all the sauce and vegetables and slowly simmer closely covered for two hours; if the gravy dries away, add a little water; remove the mutton, skim the gravy and strain it over the meat. One cucumber stewed in the gravy is an addition.

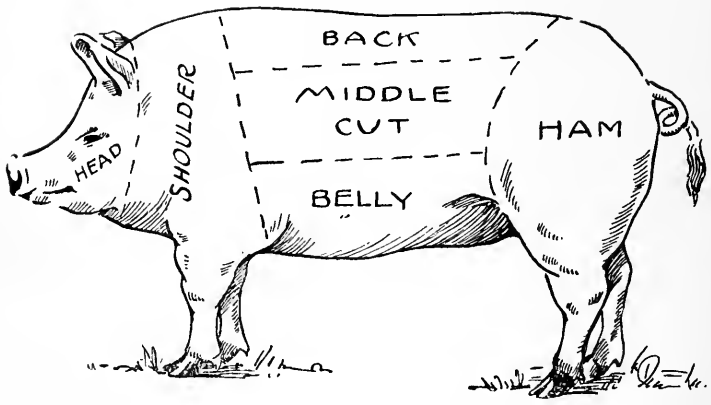
Roast Saddle of Mutton.

Trim off all unnecessary fat. Wrap the saddle up well in greased paper, tie the paper over the roast in the oven, baste frequently—allow fifteen minutes to each pound. Within one-half hour of the time for serving, remove the paper, brown the mutton. Serve with a clear gravy, very hot.

Veal or Lamb Pie.

Have your dish well buttered. Place first a layer of cold veal or lamb cut in small dice, then a layer of cold boiled potatoes cut in small dice, then a layer of sliced hard boiled eggs, pepper, salt and a little chopped onion and parsley, till the dish is within an inch of the top; add enough stock well seasoned to fill the dish; cover with a pie crust, and bake ten minutes or long enough to brown the crust.

Pork.



Breakfast Bacon.

One secret in cooking breakfast bacon so that it will be dry, crisp and of a light brown color, is first to cut it very thin, then placing on the ice to thoroughly chill it, the pan must be hot, not scorchingly hot, when the bacon is put in it. Shake the pan rapidly while the bacon is cooking, and turn the bacon over, it will crisp in three minutes and ready to serve either as a garnish, or for breakfast. Some prefer to broil bacon, to do this, use an oyster broiler, place the thin slices of bacon on it, broil on one side for two minutes, turn and broil on the other. It will be necessary to lift the broiler from the stove when the fat runs too freely, drain and return to the fire. Be sure to open all the dampers when broiling.

Slices of bacon are served with veal cutlets, calf's liver, chicken liver, beefsteak, with scrambled eggs, game, fried fish, fish balls. A broiled bird should have crisp, hot slices of bacon served with it.

To Cut Bacon.

Place the piece of bacon on a board, with the rind side down, have a sharp knife and cut the bacon in thin slices down to the rind, then when you have enough slices cut, run the knife under them, freeing the slices.

Fried Pork with Cream Gravy.

Wash one-half of a pound of salt pork, trim off the rind, and with a sharp knife, cut in thin slices. Spread in a large spider and place at the

side of the fire until the fat is well tried out, then draw gradually forward until the slices begin to color. Transfer them to a heated platter and keep warm. Pour off most of the fat, leaving about two tablespoonfuls in the pan; stir into this one cupful of cream or milk and when it comes to the boiling point thicken slightly with one heaping teaspoonful of flour blended with a little cold milk. Season with pepper, boil up once and pour over the pork. Pork or bacon will fry more crisply if kept in a very cold place, or nearly frozen until ready to use it.

Pork Cutlets with Chestnuts.

Three pounds of the loin of pork, three ounces of butter, lemon juice, three tomatoes, one carrot, one turnip, one parsnip, one apple, one ounce of glaze, chopped parsley, one pound of chestnuts, pepper and salt. Take a very young and tender piece of loin of pork, cut it into delicate cutlets, fry the cutlets in two ounces of butter, boil the carrot, turnip, apple, parsnip, and cut them into thin strips; keep the vegetables warm. Boil your chestnuts very soft and take the shells and skins off. Pound with pepper, salt, and an ounce of butter, and rub through a sieve; arrange as a wall on which to dish your cutlets. Bake your tomatoes and use them to garnish the dish. Fill the center of the chestnut wall with the cut-up vegetables; pour the melted glaze round the cutlets; squeeze the lemon juice over all.

"Poor Man's Goose."

Take the liver, heart and sweetbreads of the pig, wash them thoroughly. Slice four onions fine, put into the baking pan, with one teaspoonful of dried sage; cut the liver into small pieces, lay them with the onions, cut up the heart and then the sweetbreads, pepper all well, and cover with thin slices of bacon or salt pork; set the tin in a good oven, bake for one hour, then add one cup of boiling water. Send this to the table in the pan in which it was cooked. Pin a clean napkin around the tin. Serve with it, plain boiled potatoes.

The bacon mentioned in Foreign Cook Books, is equivalent to our salt, pickled, or mess pork; not the smoked sides and shoulders we call bacon.

Children as a rule do not like meat fats; but use bacon fat for frying potatoes and they will like it.

Virginia Liver Pudding.

Soak the pig's livers over one day and night in salt and water, changing the water frequently. Soak the pigs' heads in salt and water for the same time, allow two livers to every head. After soaking the livers and heads, wash them carefully and boil them until soft, remove the bones from the heads, put livers and heads through the meat chopper, season the meat highly with salt and pepper, mix together, heat thoroughly and pour into

shallow pans. Keep in a cool dry place; when required, slice in thin slices, and fry in a hot pan and serve.

Pig's Feet Broiled.

Have the feet well washed and cleansed, then place in a large stewpan, cover with boiling water, with one tablespoonful of salt for twelve feet; let the water boil once, skim, then place the stewpan on the back of the stove and let the feet simmer for six hours. At the end of this time, take from the fire, and let the contents become cold. When cold, place in a stone crock and if desired pour over two cups of vinegar and two teaspoonfuls of whole spice boiled together. When needed dip the feet in flour which has been well seasoned with salt and pepper and broil over hot coals for eight minutes.

Pig's Feet Fried.

Prepare as for broiling, dip them in beaten egg, then into fine crumbs and fry in hot fat for six minutes.

Ham Broiled.

Slice the ham in thin slices; have the gridiron hot, put on the ham and cook quickly.

Ham Fried with Eggs.

Slice the ham in thin slices, fry them in the frying pan; when cooked, remove to a dish and keep hot; break the eggs into the hot fat, cook them until the white of the egg is set, then put them on the ham and serve.

Many prefer to use cold boiled ham for broiling or frying.

Ham Boiled.

Soak the ham over night, next morning wash it thoroughly, place in kettle with hot water to cover it; put one pint of cider vinegar and two onions, two bay leaves, a few cloves into the water; let the ham simmer five hours—turn it once. Then take from the kettle, remove the skin, sprinkle fine bread crumbs over the ham, in which mix one tablespoonful of sugar and one tablespoonful of pepper, bake the ham for one-half hour, or, in place of putting into the oven, the ham can be put back into a smaller kettle, and one pint of white wine poured over it and the kettle tightly closed and the ham cooked for one hour longer.

Livingston Hams.

For every three hundredweight of hams, seven quarts of fine salt, two pounds of brown sugar, one quart of molasses, one-half pound of saltpeter. Rub the hams with this mixture once a week until the mixture is exhausted. Then change about the hams, putting bottom ones on top, etc. Keep in a cool place for two weeks, and then smoke.

Ham (Baked).

One ham of twelve pounds, seven pounds of flour. Make the flour into a paste with water, completely cover the ham with it; put into the oven and bake four hours. Take the crust off as soon as it comes out of the oven; when cold, glaze.

Barbecued Ham.

Cut rather thick slices of cold boiled ham and lay them in a frying pan. Cook on both sides until they begin to crisp at the edges and then put on a hot dish. Add to the fat in the pan four tablespoons of vinegar, a saltspoonful of English mustard, a teaspoonful of white sugar and a few dashes of black pepper. Boil up once, pour over the ham, let it stand covered for a couple of minutes and serve.

If a boiled ham is only to be used cold, and if it is desired to look especially nice, plunge the ham into ice cold water at once after taking from the kettle and let it become cold in the water. The next day remove the skin, sprinkle pepper over the surface—the fat will be white, the lean, rosy red.

Ham Mousse.

One pound of ham, only the lean part; soak in cold water for two hours, changing the water several times; drain and wipe dry; chop it until perfectly fine and soft in the meat chopper. If convenient add the breast of a chicken and chop with the ham; put in the whites of two eggs, well beaten and one cup of stock, or make a small amount of stock by adding to one and one-half pints of cold water one carrot, one onion, one blade of mace, two pepper corns, one head of celery, a little cayenne and one teaspoonful sugar. Cook all these for three hours slowly, strain and put aside to cool before using.

Mix this with the ham, also the yolks of the eggs beaten with one tablespoonful of cream. Lastly add one-half pint of whipped cream. Measure the cream before it is whipped, put the mixture into a buttered mold and set on ice for an hour, or until it is quite chilled.

One hour before it is required, place the mold in a pan of boiling water, cover it with buttered paper and boil for one hour. Serve hot with a white sauce. Remove the mousse from the mold; it should slip out easily. Do not let the water boil over into the mold.

Ham Savory.

Of boiled ham made very fine in the meat grinder, take one pint, one quart of cooked potatoes, one pint of white sauce, bread crumbs. Put on bottom of baking dish a thin layer of white sauce, on it a layer of the ham, then a layer of sliced potatoes, then more white sauce, ham and potatoes. Sprinkle over all fine bread crumbs dotted with bits of butter, cook until hot. The white sauce made of one tablespoonful butter, put into dou-

ble boiler when hot, stir in two tablespoonfuls of flour, when this becomes frothy, add one pint of milk, cook until sauce is thick, add to the sauce some onion juice, or let an onion cook in the sauce, remove it before using the sauce.

Steamed Ham.

Put the ham in cold water for twelve hours, wash it thoroughly, rubbing with a stiff brush to dislodge any salt on the outside, put into the steamer, cover closely and put over fast boiling water, allowing thirty minutes to each pound; keep the water on the steady boil, skin and sprinkle fine bread crumbs over the ham, and serve.

Ham Toast with Curry.

Take one-half a pound of lean ham, the ends of the ham can be used—chop it very fine, or put it through the chopping machine, when fine, add one teaspoonful of Worcestershire sauce, one teaspoonful of curry powder or paste, one tablespoonful of butter and two tablespoonfuls of cream. Beat all these together and pour on hot toast and serve at once.

Pig's Head.

Boil the head including the tongue in a good sized saucepan with sufficient water to cover the head, add a little salt; when sufficiently cooked the flesh will leave the bones. Chop it very fine while hot, add pepper and salt to taste and a little chopped sage, if sage is liked; put into a bowl, press it firmly into the bowl and place a weight on top. Return the bones to the stock which, when carefully skimmed, will serve for a good soup of peas, oatmeal, etc.; the fat to be used for frying. Oatmeal is very good in the soup, dredge in the meal, carefully stirring all the while.

Leg of Pork Roasted.

Take a leg of pork of about seven pounds, roast it, allowing twenty minutes to each pound, baste it frequently with the gravy which runs out from the leg; when done place on a platter, pour off the fat in the pan, add a little hot water, scrape the pan well; if the gravy is liked thickened, add one tablespoonful of flour, one saltspoonful of salt and a little pepper.

Stewed Leg of Pork.

Put into the kettle one leg of young pork, one carrot, cut fine, two onions, sliced, a bunch of sweet herbs, one tablespoonful of butter and water to half cover the leg; cover the kettle tightly and cook the pork for two hours. Turn the leg once. When cooked, remove the pork, add a little boiling water to the gravy, thicken with one tablespoonful of flour, add a little salt and pepper, and pour this sauce over the pork and serve with fried or stewed apples.

Pork Meat-cake.

Chop some cold pork very fine; grate two potatoes and one onion; mix with the pork; add two eggs well beaten, a little salt and pepper, and two tablespoonfuls of milk; make into a cake and fry in a little fat. Serve hot.

Boned Spare-ribs of Pork Stuffed.

Six pounds from the piece of spare-ribs of pork, it consists of the flat bones cut from the loin; slip out the bones, flatten the meat with chopper, dust it with pepper and then spread on it this stuffing: Two well-cooked onions, one tablespoonful of dried sage, one pound of chopped apples, a little pepper and salt; mix well together. Roll the meat up tightly, fasten at each end with string, place in the oven and baste often, it will be cooked in one and one-half hours; dish it very hot—serve with roasted potatoes and a dish of good apple sauce.

Scrapple.

Boil together six pigs' feet and a jowl until they are so tender you can pull out all the bones; then chop the meat fine. Put into the liquor when boiling, enough cornmeal to thicken the mixture, cook all well together, season with salt and pepper, then add the meat. Put into shallow dishes, slice when needed and fry.

Sausage.

For forty pounds of meat, thirteen ounces of salt, four ounces of pepper, one ounce of sage. Spread the meat out on a table, and sprinkle the salt, pepper and sage over it, stir well; then grind the meat very fine, by seasoning before grinding every bit is well done. It is wise to make the meat up into balls and fry, then pack away. If the meat is to be kept, cover well with lard.

Sausage can be kept for several months, perfectly sweet, if after it is prepared, it is made into small balls (enough for one person) and fried a little on each side; then pack the balls into a stone crock and pour over the top some melted lard. Keep the sausage meat in a cool dry place. When needed, fry the balls in a very little lard.

Boiled Sausage.

Put the sausage into boiling water and cook for ten minutes, serve with turkey or chicken.

Broiled Sausage.

Have the broiler hot and greased, broil the sausage for five minutes; serve on hot toast.

Fried Sausage.

Have the pan very hot; put in the sausage, fry for ten minutes, turn them once, and serve hot.

Sausage Rolls—1.

Make a light biscuit dough with milk, let it rise over night; in the morning roll it out very thin, cut into biscuits, place a sausage in the center of each, fold over the dough; let it rise again; then bake in hot oven.

Sausage Rolls—2.

Roll out some good pastry, roll out to one-eighth of an inch in thickness, then cut the paste in five-inch squares; wet the edges with a little beaten egg; mince up any cold meat with a little ham, season with salt and pepper or use sausage meat. On each square spread two ounces of the meat, fold, press the ends together, brush over the rolls slightly with the egg, and bake in a quick oven for fifteen minutes. Send them to the table on a napkin. Very good cold.

Roast Sucking Pig.

After the little pig is scalded and prepared for cooking, wipe it dry and stuff the body with bread crumbs, mixed with one teaspoonful of sage, one teaspoonful of salt, a little cayenne, a little melted butter, all well mixed together. Sew up so that the stuffing will not fall out; cut off the feet and place the pig in a pan with an apple in his mouth; score the skin, baste the pig constantly with the gravy that comes from the pig, roast four hours; when ready to serve, split open the head and take out the brains; mix the stuffing and the brains well together, add one glass of sherry and the gravy which has come from the pig, a little nutmeg, one tablespoonful of lemon juice and a little cayenne. Serve this sauce in a gravy boat. Serve apple sauce with the pig also. The pig must be well basted at first with hot water, in which put a pinch of salt, then pour off the water from the pan and baste with olive oil. A Sauce Piquante can be served with the pig.

Salt Pork for Larding.

Salt pork used for larding should be cut in very narrow strips and thrown into ice-water for a few minutes before using. The ice-water hardens the pork.

Chicken.

Napoleon once said "that more fortunate treaties, more happy arrangements and reconciliations were due to the famous cook Cambaceres than to the crowd of diplomatic nonentities who crowded the anti-chambers of the Tuileries." Napoleon was called the enemy of the pleasures of the table, yet some of his daily bills show that he did enjoy the good things in moderation. It is told of him once after eating the wing of a chicken with a sauce tartare, he turned to M. de Cussy, who was always present at the Emperor's meals, and said: "I usually find chicken's meat insipid, but this is excellent."

"Sire," replied M. de Cussy, "if your majesty permits, I will have the honor of serving you every day in the year a chicken in a different fashion."

"Well," replied Napoleon, "we will put you to the test."

Chickens are cooked in numberless ways, and unless a hen is long past her usefulness some one way can be found to make even the aged hen palatable. In England the "roast fowl" reigns supreme. The average English cook considers she has done her whole duty by the chicken when it is served roasted and with bread sauce.

The gizzard under one wing, the liver under the other, both hard and generally burned.

Poultry.

How to Choose and Prepare Poultry.

An old test in choosing poultry is the condition of the breast bone. Touch the end of it and if it bends easily from side to side the bird is under a year old, and tender. If not it will serve best in fricassees and stews. The skin of the chicken should be firm, smooth and white; the feet short and soft, the legs long, smooth and yellow, the spurs small and comb red and fresh, while the eyes are bright and full. Pin feathers denote a young chicken, while on fowls there are long hairs. The drawing should be done as soon as the bird reaches the kitchen. The first step consists in removing the pin feathers and hair. This is usually done by holding the bird by the head and feet and turning it continually over a flaming newspaper. As there is danger of smoking the flesh by this process it is really better to use a small quantity of ignited wood alcohol.

Cut off the head, cut the skin down the back of the neck and fold it over, while you carefully remove the crop and windpipe, then cut the neck off close, leaving the skin to fold back over the opening.

Next, cut a small opening under the rump, run the finger around so as to remove the entrails. Do the same at the neck. Carefully draw them out in one solid mass without any part being broken; cut around the vent to free the large intestines. If by accident the gall sack or the intestines should be broken the inside of the chicken must be washed quickly and wiped immediately, otherwise, the outside treatment here will suffice. Cut the oil sack away from the rump; cut the gall sack from the liver.

Cut open the outer coat of the gizzard and draw it away from the inner sack, leaving this last unbroken. Open the heart and wash free from blood. These inner organs and giblets are to be saved for the gravy.

Nothing improves a bird more than the drawing of the sinews from the legs. This, if done, is accomplished before the entrails are drawn. Bend the leg back slightly and carefully cut the skin at the joint just enough to expose the sinews; run a skewer in each of them in turn and carefully draw them out. After a little practice has given skill you can get out as many as eight. The one on the back of the leg is the one you should be particularly persistent about, since it is so large and strong. In turkeys especially these sinews are so tough that in cooking they become almost as hard as bones, but if removed the drumstick is as tender as any other part.

If frozen, the fowl should be put into a warm room to thaw several hours before needed. Do not soak it to thaw it.

Baby Chickens.

Split them down the back and broil or roast them. Remember they require a little more time to cook than quail. Serve very hot, with simply melted butter, seasoned with salt and pepper; place each little chicken on a slice of hot toast when served. The chickens can be served cold, in which case they should be boiled,—or rather simmered one-half hour very gently, and allowed to become cold before using; serve with them mayonnaise sauce. These chickens are very delicate.

Boiled Chicken.

The chicken, or fowl, should be prepared for boiling exactly as the directions are given for roasting. Put the chicken in hot water, just enough to cover the chicken, and let it simmer for one and a half or two hours, add to the water one blade of mace, two stalks of celery, one onion, a little salt. When the chicken is done, remove from the fire and place on a hot dish. Strain the water in which it was boiled, keep it with the vegetables for a soup the next day. Make either a celery or oyster sauce. For the celery sauce put two tablespoonfuls of butter into the double boiler, when hot add two tablespoonfuls of flour, stir well together, when smooth add one cupful of the water in which the chicken was boiled, with two tablespoonfuls of finely minced celery from the same water. For an oyster sauce, add two dozen small cooked oysters to the sauce.

Bones for Soup.

Return the bones to the water in which the chickens were boiled; boil together one hour and strain, and when cold take off the fat. This will make a good broth, or a good foundation for a white soup.

To Prepare Spring Chickens.

Young spring chickens are often dry; dip them in melted butter or olive oil before broiling them. It is a very good plan to place the chickens in a hot oven for ten minutes before you put them on to broil.

Boudin of Chicken and Truffles.

Put half a pint of water into a stewpan with a pinch of salt and an ounce of butter; when it boils stir into it enough flour to make a thick paste; put aside to cool. Take the flesh from a fowl and pound in the mortar, add half its bulk of the above paste, and half that quantity again of butter, then salt, pepper, a small piece of shallot and a little nutmeg. Mix the whole in the mortar and work into this mixture one whole egg and the yolks of three. Pass the whole through a sieve and work in a gill of cream. Take a mold, butter it well (or use several small ones); cut truffles in slices, stamp them in any shape and arrange them against the molds in pretty devices. Half fill the mold or molds; tie a piece of paper on the top; place over a stewpan

half full of water and steam for fifteen to twenty minutes. Turn out carefully and serve with truffle or tomato sauce.

Breaded Spring Chicken.

Cut up the chicken before cooking, season with salt and pepper. Take two eggs beaten lightly, put them in one-half cup of milk, and stir into this mixture two tablespoonfuls of flour; dip each piece of chicken into this and afterwards into bread crumbs.

Bake the chicken in an oven on a pan; make a gravy of one cup of cream, one tablespoonful of chopped parsley, one tablespoonful of butter, boiled together and poured over the chicken.

Broiled Spring Chicken.

Split the young chicken down the back, remove all the entrails, wipe dry, flatten with the rolling pin; place in oven for five minutes to heat it, then dip the chicken into some melted butter, place on the hot gridiron with the inside down; broil for fifteen minutes, turning it once; when cooked, place on a hot platter and spread some butter over it with salt and pepper or some maitre d'hotel butter.

To Baste Poultry or Meats.

To baste poultry or meats add a *little* brown sugar to the hot water or hot melted butter which is used in basting.

Bread Cups.

To fill with creamed sweetbreads, chicken, veal, beef, etc.:

Cut slices of bread three inches thick; cut with a deep cutter. A half-pound baking tin is useful for this purpose. Fry these cups in hot lard until brown then remove the centers. It is well to make a round mark on the tops of the cups before frying. Fill the cups with any of the above preparations. Serve at once.

Cooking in Casserole.

Remember slow cooking is the essence of Casserole cooking.

Chicken in Casserole—1.

Put one and one-half ounces of butter into a fireproof casserole with two ounces or so of fat bacon cut up into dice, a pinch of salt, a sliced onion, or two or three shallots and a sliced carrot; let all this brown gently, and when quite hot lay in the fowl dressed as for roasting; let it color till of a pale golden color on both sides, then pour into the pan half a pint or so of good stock; cover down very closely and let it stew gently in the oven till done, and either serve neatly dished on a hot dish, or better in the pan in which it was cooked. This is the simple form of "poulet au casserole." It can be made richer in a variety of ways, adding a tablespoonful of sherry or a sherry glassful of chablis to the stock; or rich, strong gravy, put in with

the fowls, truffles, mushrooms, tiny silver or pickling onions, some small slices of ham, or some of the small French sausages,—these can all cook with the fowl.

Almost any meat can be cooked in this way. Beefsteak cut up and stewed with half stock, half red wine and a few silver onions is particularly good.

Chicken in Casserole—2.

Put a small spring chicken into the casserole with a little water, one tablespoonful of butter and some potatoes cut into round balls with the vegetable cutter. Place in the oven and cook thirty minutes, then add one can of mushrooms or one pint fresh ones, a flat tablespoonful of chopped onion, one-half a wine glass of extract of beef or one-half cup of rich stock, one-half a wine glass of sherry, a little salt and pepper, and thicken the gravy with one tablespoonful of flour; to do this, push the chicken on one side, return to the oven and cook for five minutes and serve at once. If the chicken is old, parboil or steam it for one hour, and then put it in the casserole and cook like spring chicken.

A mixture for croquettes can be made and moulded and the croquettes kept in a cool place until needed, when they are easily cooked.

Chicken Croquettes—1.

Boil one chicken and two sweetbreads; when cold chop them fine. Take one tablespoonful of butter, one tablespoonful of flour; fry together; then add one-half pint of cream, a few drops of onion juice, add the chicken and sweetbread; stir well together, add a little salt, mace and cayenne. Spread the mixture thinly on a platter; when cold shape into croquettes, dip each into beaten egg, then into bread crumbs or cracker crumbs; have the fat boiling hot and deep; before frying put the croquettes on the ice for two hours.

Chicken Croquettes—2—Washington.

Take two chickens, boil them slowly in a little water until tender. Two sets of brains, prepared as "Brains to cook." When the chickens are cold remove the meat and chop it very fine; one teacupful of suet chopped fine, two sprigs of parsley minced as fine as possible, the juice and rind of one lemon, one nutmeg grated, one tablespoonful of finely chopped onion, one teaspoonful of salt, one saltspoonful of pepper and the chopped brains. Mix these all well together and add enough cream to make the mixture very moist; have it as soft as possible and still be able to mold it. Make the mixture into croquettes, either with a mold or with the hands; dip them into beaten egg, then into fine cracker crumbs; fry them in deep, hot fat or lard. This quantity should make twenty-four croquettes.

Cold veal or lamb can be used in the same manner.

Curry of Chicken.

Boil one good-sized young chicken, two tablespoonfuls of butter, two onions sliced, one small, even tablespoonful of grated cocoanut, one-half an apple cut fine, one pint of stock, one tablespoonful of curry powder, one tablespoonful of flour, four tablespoonfuls of cream, one tablespoonful of lemon juice; cut the chicken into pieces, fry the onions, cocoanut and apple in the butter; when fried add the stock and chicken and stew gently for fifteen minutes, then add the curry powder and flour, rub together with a little stock, stew for fifteen minutes, then add the cream, which should be hot, and lastly the lemon juice.

Chicken Mousse Hot.

Two tablespoons of butter in the double boiler, when melted add two tablespoons of flour, stir well, when smooth add one cup of milk, stir until the sauce is thick, add one saltspoon salt, a little grated nutmeg, a few drops of onion juice, some cayenne and white pepper. Stir all well and remove from fire, add two cups of finely chopped cooked chicken, two eggs well beaten, one cup of cooked rice. Butter a mold well, put in the mixture, cover with wax paper, place in kettle of boiling water, cook one-half hour. Be careful the water does not boil into the bowl; turn out on dish.

Deviled Chicken.

Take any cold, cooked chicken and cut into small pieces, dip these into a little melted butter, then into a paste made of one teaspoonful of French mustard, one-half teaspoonful of English mustard, one teaspoonful of Worcestershire sauce, one-half saltspoonful of cayenne, one saltspoonful of salt. Then place the pieces of chicken in a dish, cover them with fine bread crumbs and a few bits of butter, and bake for fifteen minutes. Turn the chicken onto a hot plate, garnish with some watercress seasoned with salt and pepper.

Any cold game or poultry can be deviled in the same way.

Fried Chicken—Maryland.

Cut the chicken into the usual pieces, after dividing it the pieces should be rolled in flour seasoned with salt and pepper. Have in the skillet some good beef drippings or sweet lard, when hot, put in the chicken and fry them a rich brown, turn the pieces so they will be evenly browned, this will take twenty minutes if the chicken is small, thirty minutes if large. Keep the skillet covered. When cooked remove the pieces. Keep them warm while you make the gravy. Pour off nearly all the fat in the skillet, add one tablespoonful of butter, with one tablespoonful of flour and stir well until the gravy is brown, then add one cupful of milk and a little salt and pepper. Now return the fried pieces to the skillet, cover it, place either on the back of the stove or in a moderate oven for one-half hour to simmer.

Serve with fried tomatoes.

Fried Chicken—Virginia—1.

After the chicken is prepared for cooking, cut it into the regular pieces, roll each piece in flour in which put both salt and pepper. Have the skillet hot, place four good sized slices of salt pork, fry until crisp, take them out, add to the pork fat two tablespoonfuls of lard, as soon as melted, put in the pieces of chicken, brown first one side then the other, then add one cupful of hot water and cover the skillet and place it on the back or cooler part of the stove and let the contents simmer slowly, this will take about one-half hour, if the chicken is young, longer if an older chicken. The water will boil away and the chicken be left brown and tender.

Chicken with Dumplings.

Cut a good sized chicken in pieces, put on the stove two skillets, in each some good fat, either beef drippings or a mixture of lard and butter, when the fat is hot in one, put in the pieces of chicken well floured and seasoned with salt and pepper, brown all the pieces nicely, then take out the pieces from this skillet and place them in the other. Mix two tablespoonfuls of flour smoothly with the fat from which the chicken was taken out of as soon as it is cooked smooth (two minutes will cook it), add one quart of boiling water, stir well and then pour all into the other skillet. Now cover tightly and let the chicken cook very slowly. This will take about one and one-half hours, the gravy will be brown and very good.

To make the dumplings take one pint of flour, in which rub a scant tablespoonful of lard or butter, one teaspoonful salt, one teaspoonful of baking powder, with just enough milk to make a good paste, when mixed drop them in by spoonfuls into the gravy, from which remove the chicken and keep hot while the dumplings are cooking, about fifteen minutes will cook them.

Virginia Fried Chicken—2.

Cut the chicken into pieces, dip each piece into flour which has been well seasoned with pepper.

Take slices of salt pork, put them in the frying pan and cook until the fat is all extracted; remove the pork and fry the chicken in the fat; fry slowly for twenty minutes if the chickens are quite young—rather longer if they are old. Then remove the chickens, arrange neatly on a platter and keep warm while you make the gravy; stir into the fat one cup of milk (of course, cream is better), in which you have mixed a tablespoonful of flour. As soon as it thickens, pour over the chickens.

Fricassee of Chicken.

Take one chicken weighing about three pounds, cut it into pieces neatly; let these stand in cold water for a half hour, then drain and put them into the stewpan with one quart of hot water, one onion with two cloves stuck

in it, one teaspoonful of salt, one-half teaspoonful of pepper, one-half pound of salt pork cut in small pieces; boil, skim and then place the saucepan on the back of the stove for two hours, then remove the chicken, keep hot, take out the onion; stir together one tablespoonful of flour and one tablespoonful of butter and one tablespoonful of cream; stir this into the broth, when the broth thickens pour it over the chicken and serve.

Hungarian Chicken or Paprika Hulm.

Take one large tablespoonful of butter, put into the stewpan; add two onions sliced fine; when they are of a light brown color add one-half teaspoonful of paprika; let the onions brown a few minutes longer, then cut the chicken into pieces, add one-half teaspoonful of salt; brown the chicken; when this is done add one pint of good stock or boiling water; stew very gently with the pan closely covered until the chicken is cooked; remove from the pan, put on a hot dish; add to the gravy one teacup of rich sour cream; let this scald only in the gravy and then strain the gravy over the chicken.

Chicken Hash.

Mince cold roasted or boiled chicken, not too fine. To each cupful of meat, add two tablespoonfuls of butter, one-half a cup of milk, one minced onion, one teaspoonful of salt, a little pepper. Mix well together, cook, and stir frequently. Serve on toast with a garnish of parsley.

Chicken Hash with Eggs.

Prepare as above, but just before serving poach as many eggs as required and place on the hash.

Chicken Hash on Rice or Farina Toast.

The night before, prepare some boiled rice or farina and set away in a dish, with a weight on top. The next morning cut it in slices one-half an inch thick; brush over with melted butter, lay between a double broiler and toast a delicate brown or brown in oven, put bits of butter on each, season with salt and pepper, squeeze over a few drops of orange or lemon juice; hash the chicken, heat in brown or cream sauce and place it on the rice.

Chicken Jelly.

Cut up one-half of an old chicken, one calf's foot and one-half pound of veal; put in soup kettle with three pints of cold water, one-half teaspoonful of salt; boil and then skim carefully; add one tablespoonful of chopped carrots, one tablespoonful of onions chopped fine, one-half tablespoonful of blanched almonds. Simmer the broth until all the meat is tender; skim again, and then strain the broth through a fine sieve or napkin. If desired very clear, after straining, add the white of an egg beaten very light; stir this into the broth and let it boil up, then remove and strain again. Put into small molds or cups and place on the ice.

Jellied Chicken.

Jellied chicken with lettuce or cress. Cut the chicken into four parts and cover with boiling water, add the gizzard and liver, a stalk of celery one slice each of carrot and onion, a bay leaf, a couple of cloves and a half dozen pepper corns. Cover the kettle and let the chicken slowly simmer over the fire until it is tender. Remove the chicken and let the liquid become cold; then take off all the fat and reheat the liquid. Season it with salt and a little cayenne, and then add an ounce of gelatine that has been soaked in a little cold water an hour or more, and stir until it is entirely dissolved; then strain the liquid into an earthen bowl. Free the chicken from skin and bone and cut it into moderate sized pieces. Wet a plain mold with cold water and lay upon the bottom and sides some slices of hard-boiled eggs; then put in the prepared chicken and some shreds of cold boiled ham or tongue, also the gizzard and liver sliced and scattered among the chicken. Very thin slices of cucumber pickles are also frequently added. Pour over the whole the liquid jelly and place the mold in a cool place to harden. Turn it out upon a platter and garnish with cresses or salad leaves; or, slice the chicken and serve with mayonnaise sauce.

Green Peppers and Chicken.

Boil two green peppers for ten minutes, cut off the tops, remove the seeds, and chop the peppers very fine. Mix the minced peppers with two cupfuls of finely chopped cold chicken, three tablespoonfuls of butter, three tablespoonfuls of flour, one and one-half cupfuls of chicken broth. Mix well together, add a little salt, cook until very hot and serve on toast.

Jugged Chicken.

Cut the chicken (which may be an old fat one or a young one), into pieces the same as for fried chicken; for every pound of chicken take one tablespoonful of flour, which season well with salt and pepper; roll each piece of chicken in this flour, then pack the chicken closely into an earthenware crock and cover with cold water; cover the crock and bake for two hours if a young chicken is used, three or more if an old one, in a moderate but steady oven; the chicken requires no stirring. Slices of salt pork and onions can be added.

Chicken Livers.

Roll the livers in melted butter, or oil, season with salt and pepper; roll each liver in bread crumbs; fry in hot butter; place them in center of the dish, and place sliced potatoes cut very thin and fried, around them.

Chicken Liver with Bacon.

Take the livers, roll them in melted butter then in fine bread crumbs; season with salt, pepper and a little cayenne. Broil them for five minutes, first flattening them a little. When cooked, serve in a hot dish with a maitre d'hotel butter, and garnish with crisp slices of bacon.

Broiled squabs, quail, grouse and woodcock are properly served with a garnish of bacon.

Chicken a la King.

One boiled fowl, sliced very fine, one quart of cream, three ounces butter, two ounces flour, four yolks of eggs, three ounces sherry beaten together, two ounces fresh or canned mushrooms. Heat the cream to boiling point. Put butter in stewpan, add flour and cook for two minutes, then add the cream slowly, stirring all the time with the egg beater. Cook five minutes, add the chicken, mushrooms, salt and pepper, then add the egg yolks and sherry. When hot serve. Garnish with red and green peppers and truffles.

Stewed Chicken with Oysters.

Cut the chicken into pieces and place in stewpan; cook in just enough hot water to cover; add some pieces of salt pork; simmer slowly until the chicken seems tender, then remove from the pan and keep hot while you make the gravy. For this mix together two tablespoonfuls of butter with two tablespoonfuls of flour; stir into the water in which the chicken was cooked; add a little salt—the gravy must not be too thick—drop into the gravy one quart of well drained oysters; cover the pan and cook them until the oysters begin to curl, then pour all over the chicken.

Chicken a la Marengo.

Prepare the chicken as for fricassee; put the pieces into a stewpan with one tablespoonful of olive oil, two shallots, one teaspoonful of salt, one bay leaf, one-half teaspoonful of pepper, one garlic clove, one bunch of parsley, one sprig of thyme; fry these together for twenty-five minutes, or until the chicken is tender, then take from the pan and keep hot. Take one tablespoonful of flour, mix it with a little cold water, stir it into the broth, cook for ten minutes, then strain it over the chicken and serve. Do not skim the broth.

Chicken Minced with Eggs.

Take all that is left of a roasted or boiled chicken with the stuffing; cut the chicken very fine; chop one onion fine, two tablespoonfuls of milk or cream, one tablespoonful of flour, two sprigs parsley; six or eight eggs; half a cup of gravy, and one cupful of bread crumbs. Put all the bones into a casserole with the onion and one pint of cold water, stew them for an hour or more, then strain and return to casserole, add the cream or milk, the flour dissolved in a little cold milk; all the seasoning, when this thickens, add the chicken—but after this it must not boil. Butter a deep dish, cover the bottom with the stuffing that was left over, wet it with the gravy left over, then put in the chicken, strew bread crumbs over this, then break the eggs carefully over; put a bit of butter, a little salt and pepper on each egg; strew bread crumbs over and bake about five minutes; serve hot.

Chicken with Mushrooms.

Boil the chicken whole in a little hot water in which put one bay leaf, one small onion, one clove of garlic, one green pepper (if convenient), from which remove the seeds. Let all come to the boiling point; skim, then put on the back of range to simmer slowly until the chicken is tender. Add a little salt just before taking out the chicken. The chicken can be stewed whole or it can be cut into small pieces. Make a sauce with two tablespoonfuls of butter melted, into which stir two tablespoonfuls of flour and two tablespoonfuls of cream, adding a little of the water in which the chicken was cooked to thin it. Dust some fresh mushrooms with flour, put them with one tablespoonful of butter, two tablespoonfuls of cream, a little salt, and two tablespoonfuls of butter in a double boiler.

Put the chicken either whole or cut in pieces in the center of a hot platter, pour over the sauce, then over that the mushrooms. Put around the platter a border of cooked rice.

Chicken Mousse, Cold.

One cup of good stock, put in double boiler, when hot, add the slightly-beaten yolks of three eggs. Cook until the sauce thickens, then take from fire—dissolve one heaping tablespoonful of gelatine in a little water. When dissolved add to the sauce. Chop into fine pieces some boiled chicken, then put through the grinder, so it will be fine, making one cupful, add this to the stock and mix well together, then add one-half cup of stiffly whipped cream, a little cayenne and onion juice, pour all into a mold, or into small ones. Place on ice until needed. Make the minced chicken part first, to be ready when the sauce is cooked.

Chicken Panned.

Cut the chicken down the back, pound the breast-bone slightly in order to flatten the chicken. Lay the chicken in a shallow pan with some slices of salt pork over it, place the pan in a hot oven, pour a little salted water in the pan and baste the chicken with it often; half-cook the chicken, then remove from the oven, place it on a well greased broiler over a clear hot fire, the underside next to the coals first; then turn and cook the breast-side; when cooked place on hot platter and pour over some melted butter and one tablespoonful of finely minced parsley.

Chicken Patties.

Cut in very small pieces the breast of a cooked chicken. Put in the stewpan one tablespoonful of butter, one tablespoonful of flour; stir together; when smooth add two tablespoonfuls of cream, a little nutmeg, one-half teaspoonful of salt, a little cayenne, then add the chicken. Do not let the mixture brown; fill the patty-cases and reheat in the oven.

Chicken Pie.

Cut in pieces a good-sized chicken, pull off all the skin you can; cook the chicken in the stewpan with a pint of water, one slice of lean ham, one onion, four peppercorns, one-fourth pound of salt pork cut in pieces, until tender, then remove the chicken and the pork, place the pieces in a deep pudding dish. Rub together one tablespoonful of flour and one tablespoonful of butter, stir this into the liquor in which the chicken was cooked, add one-half cupful of cream or milk, or more; when the gravy is thickened and smooth, strain into the dish with the chicken. Cover the dish with pastry and bake until the pastry is done—one-half an hour is generally the time required. Veal pie can be made in the same manner, only substituting veal for chicken, and leaving out the salt pork.

Chicken Pie with Oysters.

Cut into pieces two chickens, put them into a kettle and cover with water. Simmer the chickens until they are tender, add two dozen oysters and cook five minutes, then remove from the fire, take from the kettle, leaving the gravy in the kettle, and put the pieces and oysters into a deep dish which has been buttered. Make a batter of one pint of sweet milk and two eggs well beaten and enough flour to make the batter the consistency of thick cream; add one pinch of salt, season the chicken with a little salt and pepper and add one tablespoonful of butter; pour over the batter and bake one-half hour. Thicken the gravy with one tablespoonful of flour, rubbed smooth with a little milk, and boil for five minutes. Serve it in a gravy boat with the pie. The chickens and oysters can be covered with pie-crust in place of the batter if desired.

Chicken Pot Pie.

Cut a chicken into pieces, put into the stew-pan with enough water to cover the pieces, add one-half pound of salt pork cut in pieces, one saltspoonful of salt, a little pepper, let all simmer slowly, when nearly done, put in the dumplings, made the same as soda or baking powder biscuits, cover the pan and let them cook for one-half hour. Put the pieces of chicken in the center of the platter, the dumplings around them. Thicken the gravy with one tablespoonful of flour mixed with one tablespoonful of butter, add two tablespoonfuls of cream or milk; cook until thick then strain the gravy over the chicken and serve.

Chicken with Poached Eggs.

A nest made of bits of cooked chicken for serving poached eggs in, is a way to use up the ragged pieces. Chop the meat very fine, and for two cups of meat add one tablespoonful of melted butter, the same quantity of cream, one tablespoonful of chopped parsley, a little salt and cayenne, and

two beaten eggs. Put the ingredients in a saucepan and let them thoroughly heat so as to cook the eggs. Turn the mixture on a hot platter and form it in a flat mold with a ridge around the edge. Meanwhile poach the eggs required and place them carefully on the meat. Garnish the dish with parsley and slices of hard-boiled eggs around the mold.

Roasted Fowl.

The legs and wings should be drawn closely to the sides, the fowl basted frequently with hot water, in which some butter has been melted; when cooked make the gravy in the same pan, with the water in which the gizzard and liver have been cooked. Scrape all the glaze from the bottom of the pan, chop the gizzard fine, mash the liver with one tablespoonful of flour and one tablespoonful of butter; stir into the gravy, let it boil enough to cook the flour. Serve in a sauce-boat.

If the fowl is stuffed, make the stuffing with bread crumbs well seasoned with a little salt, pepper, butter and a tiny bit of grated nutmeg. The fowl is stuffed with this, and the place where it is put into the fowl closely sewed up. For a fowl weighing five pounds, one hour and a half slow roasting is enough. Or oysters can be used in the stuffing, mixed with bread crumbs, a little salt and pepper and one tablespoonful of melted butter, garnish with watercress.

Roast Chicken or Turkey.

Before roasting either a chicken or turkey, there are several ways of preparing them, one is, to pound lightly the chicken or turkey with the rolling pin, this makes it tender, then spread over the breasts and legs a paste made with flour and butter, mixed to a smooth soft paste; another way is to blanket the chicken or turkey with slices of salt pork, for this the dry salted pork is better than the pickled. Another way is to cover the breasts with the fat if they are fat birds—stuffing can be used if desired.

A chicken a year old is considered at the proper age for roasting, though if older, it can be steamed for an hour before roasting. In roasting either a chicken or turkey allow fifteen minutes for every pound it weighs after it is prepared for the pan. Be sure to draw the drumsticks close to the sides, tie them down, legs standing up from the bird are never any addition to its appearance. Baste frequently while in the oven, if the paste was not used, put a little butter with salt and pepper over the breast and legs, just before taking out of the oven. Serve on large hot platter with giblet or oyster sauce. Oysters can be used in the stuffing, or the bread stuffing, as given elsewhere.

Chicken for Sandwiches.

Cook the chicken, a year old one for sandwiches—place in kettle with one quart of hot water, and cook slowly until the meat falls from the bones; put

with the chicken while cooking, one onion, one blade of mace, one-half tablespoonful salt; a little cayenne, one tablespoonful of butter. When cooked, remove chicken from the fire and place on a plate; add to the gravy in the kettle, one pint of cream or milk, two tablespoonfuls of flour moistened so as to stir easily into the gravy; let it boil until thick, then remove from the fire, strain, and allow to become cold. When the sandwiches are needed, cut the chicken meat very fine; add the gizzard and liver also cut fine; mix all with the cold gravy and spread on thin sliced bread; trim the edges of the bread neatly; roll up the slices, fasten with little wooden toothpicks, which remove when served.

Smothered Chicken.

Singe a broiling size chicken and split down the back; clean and wipe with a damp towel, but do not place it in water; break the breastbone with a potato masher and place the chicken in a baking pan with the skin-side up. Spread the breast generously with butter, using at least one-quarter of a pound. Sprinkle lightly with salt and pepper, and put a small cupful of water in the pan. Cover tightly and cook in a moderate oven for half an hour, basting frequently; then remove the cover, turn the chicken, re-cover and cook for thirty minutes longer. Place the chicken on a hot platter, remove the pan to the top of the stove and add one tablespoonful of flour to the liquor, stirring all the time until smooth and brown, then add a cupful of milk and again stir until the boiling point, then strain the gravy over the chicken.

Chicken Souffle—1.

Make a white sauce, put two tablespoonfuls of butter in the double boiler, when hot, add two tablespoonfuls of flour, stir well together, add one pint of chicken broth, or one-half cream and one-half milk, stir until it thickens, then add one teaspoonful of salt, pinch of pepper, one teaspoonful onion juice, one teaspoonful finely chopped parsley, two teaspoonfuls lemon juice. To this sauce, add one pint of finely chopped cooked chicken meat. Put the meat twice through the meat chopper, cook together for two minutes, then add four yolks of eggs, well beaten and cook all for two minutes, remove from fire to cool. Twenty minutes before the souffle is required to be served, add the whites of five eggs, beaten to a stiff froth, then fill the baking dish which should be well buttered and bake. Keep a tin plate in the oven to become hot, to cover the souffle on its way to the table. A souffle requires a moderate oven for if too hot the souffle will be heavy.

Chicken Souffles—2.

Take the breast of a chicken, pound it well in the mortar, press it through a sieve; to two tablespoonfuls of the meat after it is pounded, add the yolks of two eggs, two truffles cut fine, a saltspoonful of salt, a little cayenne and

a little nutmeg; mix these well together and add to the mixture one-fourth pint of whipped cream, and the well-beaten whites of two eggs.

Fill little paper cases, which can be purchased at the confectioners, two-thirds full with the mixture and bake in a moderate oven for fifteen minutes; then serve on a napkin on a dish. Tomato or cream sauce can be served with the souffles if wished.

Chicken Stewed.

For one chicken weighing three pounds, take one tablespoonful of butter, three tablespoonfuls of flour, one large onion cut fine, three slices of carrot, three slices of turnip, three pints of boiling water, one saltspoonful of salt, one-half saltspoonful of pepper. Wash the chicken, put it into a large stewpan, cover with hot water, and let it boil gently, put the carrot, turnip, and onion with the butter in a sauce-pan and cook slowly for one-half hour, stirring them often; skim off two tablespoonfuls of the fat from the chicken, press the vegetables through a sieve into the stewpan with the chicken, stir in the sauce, and let all simmer together until the chicken is cooked. A year-old chicken will require two hours. Twelve minutes before serving let all boil once. Serve with boiled bacon, ham or sausage.

Timbales of Chicken.

To every pound of the breast of an uncooked chicken pounded to a smooth paste, mix one cup of bread crumbs and one-half cup of milk; cook together, and add gradually the chicken meat; add one teaspoonful of salt, a little cayenne and a little nutmeg, then the well beaten whites of five eggs—put them in very gently. Grease the timbale molds or tins, sprinkle on the bottom of each a little finely chopped truffle, add the mixture, steam the timbales. Be careful not to let any water boil into the tins, covering them with white paper. Steam for twenty minutes, remove from molds, serve with white sauce.

Chicken Turnovers.

Cut chicken into rather small pieces; have in the frying pan some good hot beef dripping or lard—or lard and butter mixed—season the pieces with salt and pepper—put the pieces into the lard and brown them on both sides. While these are cooking make a good biscuit dough, perhaps a little richer than for ordinary biscuits; roll it out into a sheet about one-half inch in thickness, then cut into squares and in each square put a piece of chicken; wet the edges of the dough and pinch them together; place in baking pan and bake until the dough is perfectly cooked, then remove from the oven. The chicken must be well cooked in the hot fat before putting into the biscuit dough. Pour off most of the hot fat; add two tablespoonfuls of flour; stir well; add enough hot water to thin the sauce if too thick, and add salt and pepper, and serve with the turnovers. Any turnovers left will be very

acceptable in the lunch basket for the children or used for breakfast, re-heated.

Swedish Chicken.

Very young chickens are required. Have the chickens left whole; clean them; remove head and feet. Take for two chickens one-fourth pound of butter and mix with it enough parsley cut very fine until the butter is quite green, use the parsley leaves only; add a little salt and pepper and fill the chickens with this mixture. Put into the casserole or into any iron kettle that has a tight cover two tablespoonfuls of butter; when it is hot, brown the chickens in it; turn them so to have them browned on both sides, then put the casserole on the back of the stove and put in one pint of cream with the chickens; add the livers and gizzards; cover all closely and let them simmer for one and a half hours—not boil. When ready to serve remove the chickens to hot dish and thicken the gravy with one tablespoonful of moistened flour; cook for three minutes and serve over the chickens. Care must be taken that the chickens do not burn; the livers will cook into bits. Scrape the bottom of the iron pot well if the chickens are cooked in one, that none of the browned gravy is lost; if cooked in the casserole, serve the chickens in it.

Partridge, Grouse or Young Chicken Cooked in Cream.

Take a grouse or partridge or baby chicken, place in a frying pan with two tablespoonfuls of butter, one onion cut in small pieces; fry long enough to brown on both sides, then place in casserole with one-half pint of cream, one saltspoonful of salt, a little cayenne and pepper, with one tablespoonful of white wine or good vinegar, or lemon juice; cook slowly for fifteen minutes in the cream and serve in the casserole.

Roast Tame Duck.

The ducks may be stuffed with mashed potatoes and onions, with a little sage added or with apples chopped fine and seasoned with salt and pepper. Baste the ducks very often while roasting. If large, one hour and a half is necessary to properly roast them; ordinary sized ducks, about one hour. Serve with gravy made from the giblets.

Steamed Duck.

Rub the duck with warm butter; put into the oven to acquire a slightly yellow color; then put into the stewpan with one carrot sliced, one celery root or three stalks, one onion, three cloves, one bay leaf, two sage leaves, one pint of water; lay the duck on these, the breast upward, let it steam closely covered until the vegetables are cooked; add one saltspoonful of salt, and more water if it is needed. When the duck is cooked, remove from the pan, skim the gravy, strain through a sieve, then return it to the pan and

thicken with one tablespoonful of flour; boil once and serve with the duck.

Ragout of Duck—"Left-overs."

Cut in pieces any part of a cold roast duck; boil the bones for three hours to make a good savory stock with one onion stuck with one clove; strain, mix together one tablespoonful of butter and one tablespoonful of flour; brown them over the fire—do not burn them—add to the stock and boil for three minutes. Put in the pieces of duck and simmer in the stock for fifteen minutes; add one wineglassful of sherry and twelve stoned olives; serve hot.

Braised Goose.

Stuff the goose with cooked mashed potatoes and onions, well mixed together, seasoned with salt and pepper; to cook the goose a baking pan, which has a flat bottom and cover, is needed. Place in the bottom of the pan some good dripping, or slices of salt pork, and when hot brown the goose, turning both sides; then take out the goose, take out the pork and put in pan two carrots cut in slices, two onions sliced, a few sprigs of parsley, a few stalks of celery, two cloves, one green or red pepper, cut and seeds removed (these can be left out), six peppercorns, one quart of boiling water; on the vegetables lay the goose, cover closely and simmer for three hours. This can be done on top of the stove or in oven. When ready remove the goose to a hot meat dish; keep hot while you prepare the gravy; strain off the liquid; remove any fat. Make a gravy with the giblets and liver (see giblet gravy).

An old fat hen can be prepared in this way and the long, slow cooking makes it tender. Serve with the goose apple and rice croquettes; cook six large apples until soft and as much cold boiled rice as you have apples, season with teaspoonful of sugar, a little salt, a very little grated nutmeg; mix well and spread on plate to cool; when needed, make into small croquettes, rolling each in beaten egg, then in bread crumbs, and fry in deep fat; or serve plain apple sauce.

Roast Goose.

Prepare the goose for roasting—see the directions for washing poultry—then stuff it with the following preparation: Peel, wash and dry one quart of potatoes; cut them into small dice. Put into the stewpan one and one-half tablespoonfuls of butter; when hot put in the potatoes, one onion minced fine, one garlic clove minced; cover the pan; shake the potatoes to prevent burning; steam them until they are half cooked, then take from the fire and stir with them the liver of the goose, cut very fine, one saltspoonful of salt, one-fourth saltspoonful of pepper, one-fourth teaspoonful of powdered sage, a little nutmeg; stuff the goose, or in place of this stuffing use apples cut into small pieces. Make a rich gravy with the giblets. Prunes

half stewed make a very good stuffing; almonds chopped fine and mixed with apples and bread crumbs can be used also.

To Render Down Goose Fat.

Take all the fat that was removed from the inside of the goose when drawing it, or any other superfluous pieces of the fat. Put all into cold water and leave for one day. Change the water once or twice. Then drain off the water and cut the fat into small pieces, put into a clean stew-pan, and slowly melt it until nothing but skinny pieces remain and liquid fat. Strain it into a jar through a piece of cheese cloth, when cold cover tightly and keep in cool place.

Goose fat is valuable in a sudden attack of sore throat or croup, rub the throat and nose well with it.

Guinea Fowl.

One guinea fowl; truss and lard it, roast exactly like a pheasant. Put a buttered paper over the breast to prevent dryness. Cook one hour. Serve with bread sauce.

Roast Pigeons.

Dry the pigeons, put the heart, liver and gizzard inside each bird; spread some butter over them and dredge them with flour; season with salt and pepper; place in the roasting-pan with a few slices of salt pork and place over the pigeons, baste frequently; keep covered and cook for half an hour, then remove the pigeons and thicken the gravy with a little flour.

Stewed Pigeons.

Take two pigeons, cut off their heads, draw them; put the livers inside the birds. Take one-half pound of salt pork, cut it into small square pieces, fry it in the stewpan or casserole until light brown, then remove from the pan; put the pigeons into the same pan or casserole and fry until they are brown, then put them on a plate with the bacon. Mix one tablespoonful of flour and one-half tablespoonful of butter in the stewpan; add one pint of stock, season with a little salt and pepper, stir on the fire until boiling, then strain; return to the stewpan or casserole the pigeons, the bacon, the broth and two onions; simmer for thirty minutes, then remove the pigeons, skim the gravy and strain over the pigeons; put the bacon around them and serve. A pound of fresh mushrooms stewed in the broth is an improvement. Serve in the casserole.

Pigeon Pie.

Three pigeons; wipe them; cut in halves; sprinkle a little salt and pepper on the insides, with some minced parsley and a small piece of butter in

each. Lay a thin slice of lean ham in the bottom of a pie dish; it may be cooked or raw; place the pigeons on the ham; put in a few fresh mushrooms if convenient; pour in enough good stock to fill the dish; cover with good pastry and bake about one hour.

Squirrel—Stewed.

Young squirrel, cut in pieces, stewed in broth or cream; broth thickened a little with flour; add butter.

To Truss a Fowl.

After the feathers are carefully picked off the fowl, cut off the head, and skewer the skin of the neck down over the back. Cut off the claws; dip the legs in boiling water and then scrape them, turn the pinions under, run a skewer through them and the middle of the legs which should be passed through the body to the pinion and leg on the other side one skewer securing the limbs on both sides. The liver and gizzard should be placed in the wings, the liver on one side, the gizzard on the other, tie the legs together with stout twine.

Brunswick Stew—Virginia.

Cut three small squirrels in pieces, and lay them in salted water for one hour to draw out the blood, then put them with four quarts of water in the soup kettle, with one tablespoonful of salt and two tablespoonfuls of sugar. Take one pint of lima beans, six ears of corn—cut from the cob—one onion, cut in slices, six potatoes sliced, one-half pound of salt pork, cut into small pieces, add these to the squirrels, cover the kettle closely, and cook very slowly, stirring frequently for two hours, then add one quart of peeled and sliced tomatoes, one teaspoonful black pepper and cook for one hour longer—ten minutes before the stew is to be served add one-half pound of butter, made into small balls and rolled in flour, let all just come to the boil once, taste it, it may need more salt. Serve on soup plates. Chickens can be used instead of squirrels.

Rabbit, Stewed.

Cut up the rabbit and roll each piece in flour which has been seasoned with pepper and salt; melt a full tablespoonful of lard in a stewpan; put the rabbit in this hot lard and on top lay three onions in slices; cover all with cold water; cover tightly the pan and let the rabbit steam until all the water has boiled away and only the lard is left, in which the rabbit will brown. When browned, remove from fire, and serve with gravy made by adding one cup of boiling water to the fat in the pan and one tablespoonful of browned flour; let it boil up once and then pour over the rabbit.

Broiled Turkey.

For broiling, only a young, half-grown turkey is used. Split in half, broil over a clear fire for twenty minutes; serve with melted butter, salt and pepper.

Breast of Turkey Broiled.

Cut each breast off cleanly in one piece, dip into melted butter; broil fifteen minutes. Every five minutes dip again in melted butter seasoned with salt and pepper; serve with some of the butter poured over each piece. This way of cooking a turkey is delicious.

Creamed Turkey or Chicken.

Chop fine one quart of cold boiled turkey or chicken; take one pint of fresh white bread crumbs—without crusts—add one-half pint of rich milk and cook together until soft. Be sure to stir the mixture constantly that it may not burn. When cooked, add the turkey or chicken meat, seasoned with salt and pepper and a little celery salt. Beat the yolks of four eggs until light, add to the preparation, then stir in the whites, beaten a little, not too frothy, just broken. Butter a mold, put in the mixture and place the mold in a pan half full of hot water and bake twenty minutes. Turn the mixture from the mold and serve either hot or cold; if hot, serve a white sauce with mushrooms added. Serve green peas with the dish.

Boiled Turkey.

Clean, rub with salt, pepper and lemon juice, and stuff with oyster or bread stuffing. Crush the wings and legs close to the body, pin the fowl in a clean cloth, put a little salt in the water, cook slowly, allowing twenty minutes for each pound. A turkey is nicer steamed than boiled; serve with oyster or celery sauce.

A boiled turkey may be stuffed with celery seasoned with salt and pepper or with macaroni, which has been partially cooked before using in the fowl.

Roast Turkey.

Stuff the turkey with bread crumbs seasoned with salt and pepper, one tablespoonful of powdered thyme and one-half cup of melted butter; mix well together. Rub the turkey well with butter and dredge with flour and a little salt; put in hot oven; as soon as it is brown reduce the heat of the oven, put one pint of hot water and one tablespoonful of butter in the pan, and baste with this every few minutes, dredging with flour often. For a ten-pound turkey allow three hours' slow cooking. If chestnut stuffing is desired, take one quart of large chestnuts, pour over them boiling water to soften the shells, remove the shells and the brown skin; boil in salted water until tender; mash them (keep a portion for the gravy); add to the chestnuts one cup of rolled cracker crumbs, one teaspoonful of salt, one-

half teaspoonful of pepper, one teaspoonful of chopped parsley, one-half cup of melted butter. For the gravy, remove all the fat from the baking pan, add one pint of boiling water, stir in one tablespoonful of flour which has been rubbed into one tablespoonful of butter, add a little salt and pepper and the remainder of the chestnuts. Fried sausages are often served around the turkey.

Minced Turkey.

Chop very fine the left-overs of cold turkey. To each cupful of meat, add one tablespoonful of butter, one tablespoonful of milk or cream, one teaspoonful of flour dissolved in the milk, a saltspoonful of salt, a little pepper; let the mixture boil once; put it upon toasted bread and place poached eggs on the top, if desired.

Stewed Turkey.

Cut the turkey into nice pieces, put on to cook with one quart of hot water and a few pieces of salt pork, one onion, one teaspoonful of salt and a little pepper; stew gently for one and one-half hours. Remove the pieces of turkey, thicken the gravy with two tablespoonfuls of flour, mixed with one tablespoonful of butter.

Stuffing for Turkey or Chicken—1.

Bread crumbs grated fine, put into the roasting pan; add salt and pepper and a large lump of butter; brown on the top of the stove, stirring all the time, then stuff the fowl; this stuffing will be found to be very light and digestible. Roast the fowl in the same pan without washing.

Stuffing for Roast Turkey—2.

Substitute pork sausage meat for the butter, add one-fourth pound of chopped Sultana raisins,— or the raisins can be omitted.

GAME.

Broiled Canvas Back Duck.

Clean as for roasting; split the duck on the back, season with salt and pepper and spread over it some olive oil; put on the hot gridiron; cook over a very hot fire for fifteen minutes, then place on a hot dish; pour over the duck melted butter with one tablespoonful of lemon juice, salt and pepper. Serve currant jelly with the duck.

Broiled Wild Duck.

Pick, singe and draw the ducks, slit them down the back, crack the bones, flatten the ducks with a cleaver; season with a little salt and pepper. Have the gridiron hot and greased with a little fat; have the fire clear—a charcoal fire is the best for broiling. Broil for ten minutes. Serve very hot with a little butter over them.

Roast Wild Duck (An old Virginia Recipe).

Mince the livers of a pair of wild ducks with a tablespoonful of scraped bacon; mix with an ounce of butter a slice of onion chopped fine, a little salt and cayenne, fill the bodies of the ducks with the mixture; lay them in a baking pan, cover with thin slices of fat bacon, wrap them in oiled paper and set in a hot oven. When the ducks are brown take them out; garnish with slices of orange and pour over them a sauce made by adding the juice of an orange, two minced onions, with a teaspoonful of butter, a pinch of cayenne, add a little salt to the gravy in the pan. Twenty minutes will cook the ducks.

Roast Wild Duck.

Do not stuff the duck; have oven very hot and roast just twenty minutes; to be in perfection, the blood should follow the knife in carving, and baste often with melted butter while roasting. Be sure to serve very hot.

Grouse Roasted.

When cleaned put a small piece of butter in each grouse; cover them well with slices of salt pork; place in your dripping-pan some slices of toast and place each bird on one. Baste the grouse well with butter-water—melted butter and water (a tablespoonful of each). Roast for thirty minutes. Serve on hot platter on the toast.

Broiled Grouse on Toast.

Pick, singe and draw two grouse; slit them down the back, pound them a little to flatten them, season with a little salt and pepper. Have the gridiron hot and greased with fat; broil the birds for fifteen minutes; have pieces of hot toast; serve the grouse on these; pour over them Maitre d'Hotel sauce, and serve hot.

Souffle of Grouse.

Mince, pound and rub through a sieve the breasts of two grouse, mix with this one-half pint of stiff whipped cream, a little salt and pepper. Put the mixture into a buttered mold, steam for twenty minutes. Serve with either sauce supreme, truffles or mushroom sauce.

Roast Patridge.

Roast the same as wild duck.

Partridge Souffle.

Roast two partridges, remove all the meat from the bones, and put through a meat chopper with two ounces of cooked rice, one ounce of butter, a little pepper and salt and one gill and a half of stock. Pass all through a sieve, and add the yolks of four eggs, then the whites of two eggs, whipped to a stiff froth; put into a buttered mold and bake in a moderate oven. Serve with gravy made from the bones and trimmings, and thickened with butter and cornstarch. A puree of spinach may be served round it.

Boiled Pheasant.

One pheasant, one pound of chestnuts, one teaspoonful of anchovy sauce, one-half pound of sausage meat, one teaspoonful of white pepper, one teaspoonful of salt. Have ready a pheasant trussed for boiling; stuff the bird at the neck end with sausage meat and seasoning. Place the bird breast downward in well salted water, and see that the water covers it; bring it to a boil and then simmer three-quarters of an hour; skim well. Serve with a thick white sauce, poured over the bird. Garnish the dish with small cooked chestnuts, or baked tomatoes, tufts of fried parsley, and slices of lemon.

Roast Pheasant.

Roast the pheasant in a hot oven; keep it well basted, sift flour over fifteen minutes before serving; serve with a rich brown or bread sauce.

Broiled Quail.

Split each bird down the back; put on the greased broiler over a clear fire; turn them often; in fifteen minutes remove and pour melted butter over; season with salt and pepper over them. Serve hot.

Snipe.

Cook the liver and heart until they are tender, then pound them in the mortar, adding a truffle; cook the birds in a hot oven for ten minutes, and remove from the pan; dip slices of hot toast into the gravy from the birds, spread the pounded mixture on the toast, and serve the birds on the toast.

Wild Turkey Roasted.

Fill the turkey with chestnut filling and roast the same as tame turkey, or roast without any filling.

Chestnut Filling for Wild Turkey.

One and one-half pounds of large chestnuts, one-fourth pound of sausage meat; a small amount of beaten soaked bread; boil the chestnuts in milk after thoroughly cleansing them, mash them and mix all together; season with salt, pepper and a pinch of sugar.

Saddle of Venison Roasted.

Wipe the meat carefully and spread over it a layer of butter. Venison is apt to be dry. Roast in the same manner as a leg of venison. A saddle weighing nine pounds will take one hour; baste the meat frequently with the gravy in the pan. Serve very hot with currant jelly. If desired, add one wine glass of sherry to the gravy in the pan.

Venison Steak—1.

Cut the venison either in small pieces or in portions. Put in the chafing dish or stewpan two tablespoonfuls of butter, one teaspoonful of salt, one-fourth teaspoonful of pepper, a little cayenne and one tablespoonful of cur-

rant jelly; when these are melted together, add the steaks and cook for five minutes. One wine glass of sherry or port can be added if desired. Also some seedless raisins and one tablespoonful of orange juice.

Venison Steak—2.

Cut the steaks an inch thick, dip them in melted butter, have the gridiron hot and greased; broil over a hot fire for six minutes; serve at once on a hot platter; season the steaks with butter, salt and pepper.

Venison Steak.

Take two pounds of venison steak, cut into portions, enough for each person to be served. Put into the chafing dish two tablespoonfuls of butter, one teaspoonful of salt, one teaspoonful of lemon juice, and one tablespoonful of currant jelly (the lemon juice may be omitted). Stir this mixture until it is hot, then add the venison and cook for five or six minutes,—if wanted very rare, four minutes will answer; add at the last two tablespoonfuls of port or sherry if desired. Slices of venison are very nice warmed-over in the chafing dish.

Cold Venison Minced.

Mince the venison fine; put one tablespoonful of butter into the stewpan with one onion cut fine; let these brown; then add one tablespoonful of flour and stir until smooth, then add one cupful of stock or the gravy left from the day before; season with salt and pepper; then strain this and add the minced venison; let this cook together for five minutes, and serve on slices of hot toast. Serve currant jelly or orange sauce.

A Game Mold.

Take a cold fowl or game of any kind; put through the meat chopper twice for it must be very fine; one slice of bread also put through the chopper; mix all together, add three eggs well beaten, two tablespoonfuls of cream or milk, two tablespoonfuls of melted butter, pinch of pepper, one saltspoonful of salt, piece of lemon with the grated rind; mix and place in a well buttered mold; the mold should have slices of hard-boiled eggs on the bottom and sides; steam for one hour; cool, turn out when cold and place in a larger mold, also buttered; this mold fill up with good stock, in which two tablespoonfuls of gelatine has been dissolved. Place on ice.

Sage and Onion Stuffing.

Peel four large onions, put into boiling water, boil for five minutes and just before taking them out of the water add ten sage leaves; then remove both onions and sage; chop them very fine; add one cupful of bread crumbs, two tablespoonfuls of butter, the yolk of one egg and salt and pepper; mix all together, and the stuffing is ready. You can add the livers if you like, but they should be used in the gravy.

Another way is to add four good-sized apples, chopped fine, to the above

ingredients and one sprig of thyme chopped fine. Potatoes boiled, mashed very smooth and well seasoned with salt and pepper, and one tablespoonful of butter and the same amount of chopped onions as potatoes make a delicious stuffing.

Stuffing for Wild Duck.

Stuffing is not necessary for wild duck, but some of them are improved by a stuffing of celery tops; these give a very delicate flavor to the ducks. Wild ducks are considered by many as improved by being basted with orange juice mixed with a little warm water; a little salt and pepper added and a very little grated nutmeg; but as a rule the ducks are considered well seasoned by melted butter only.

Chestnut Stuffing for Turkey.

Put one good-sized onion, or three shallots, chopped fine into a saucepan on a good fire, with one tablespoonful of butter; let all cook for four minutes without browning, then add one-fourth pound of sausage meat; cook these together for six minutes longer, then add ten finely chopped mushrooms, eighteen well cooked and smoothly pounded chestnuts, mix all well, add a pinch of salt, small pinch of pepper, one-half teaspoonful minced thyme, one teaspoonful minced parsley; let all boil up, then add one-half pound of fresh soft bread crumbs and twenty-four whole chestnuts cooked and skinned. Do not break the chestnuts; remove from fire, cool, and stuff the turkey with the mixture.

Frying Flour for Thickening.

In the thickening of gravies, except white gravies or sauces, the browning or frying of the flour in the fat is the greatest possible addition. The flavor is very distinctive and is well known to old negro cooks. To prepare the flour, while the chicken, turkey, game or meat is cooking, place some flour on one side of a frying pan and some good dripping or butter on the other; as the fat melts, pull the flour into it, until gradually you have all the flour in the fat, then let it brown; be careful not to burn it; as soon as the flour is all cooked smooth, and has taken up the fat, add it to the gravy, soup, or sauce. Use it in place of the ordinary thickening with flour dissolved in cold water, which results always in a white, unappetizing looking gravy.

Eggs.

Eggs contain every element of nutrition and are stimulating, as are all animal foods except milk and fat. The distinctive element of nutrition in meat is albumen, and the white of egg is pure albumen, differing somewhat in character from meat albumen and from the gluten of wheat, but supplying the tissue-forming element of food as well as meat. Eggs are best eaten whipped without cooking, and better poached than hard boiled or fried in fat.

Eggs with Asparagus.

Used as Substitute for Meat.

Cut the tender portion of the stalks of one large bunch of asparagus into pieces about the size of peas, and cook in boiling water, salted, until tender; drain and keep hot while making the sauce. For one cup of asparagus use two tablespoonfuls each of butter and flour, one-fourth tablespoonful of salt, a dash of paprika, and one cupful of the water in which the asparagus was cooked, or use part cream. Then add the asparagus and turn all into a buttered baking dish. Break three or four fresh eggs over the top, season with salt and pepper, and a grating of nutmeg, if liked. Set the dish in another containing hot water, and place in the oven until the whites of the eggs are set. Serve in the baking dish.

Egg Balls

Boil four eggs until they are hard, then put into cold water for a little while, remove the shells and take the yolks, pound them smooth, add one teaspoonful of salt, one-fourth teaspoonful of pepper, a little cayenne and one raw yolk of egg. Make the mixture into small balls, roll them in flour, fry them with a little butter until they are a delicate brown; serve with mock turtle soup or other soups.

Baked Eggs—1.

Put some good gravy into a shallow baking dish. Break four eggs or as many as are required into this, salt them, and sprinkle some bread crumbs over them, and bake for five minutes in a quick oven. Take up the eggs carefully one by one, and lay upon little rounds of fried bread. Add to the gravy a little cream and some very finely chopped parsley and onion; put into a saucepan and boil up quickly and pour over the eggs.

Baked Eggs—2.

Spread a thick layer of fresh butter on a tin or fireproof china dish, sprinkle with salt, and break the eggs carefully on it, one at a time; pour some cream over them, season with salt, pepper and one grate of nutmeg; place a few small lumps of butter over all, bake in the oven for four minutes.

Baked Eggs—3.

Boil eggs until hard, then put them into cold water; when cold remove the shells, chop the eggs very fine, add one saltspoonful of salt, one saltspoonful of pepper; stir together; put the eggs into a porcelain dish; first put a layer of bread crumbs, then a layer of the eggs, then bread crumbs, eggs, or until the dish is full; then put bits of butter over the top with some bread crumbs; lastly pour over all one cup of cream; bake fifteen minutes.

Eggs and Cheese.

Take small china dishes or one large dish that will stand the heat; place in each a bit of butter, a little chopped parsley, break over a fresh egg, sprinkle on the top of the egg some grated cheese—American cheese is excellent for this—a few bread crumbs and a little salt and pepper; bake in a hot oven for three minutes, and serve in the same dish in which they are baked.

Eggs with Cream—1.

Poach eggs in boiling water, allowing one for each person to be served; trim them and place on a slice of bread; pour over some hot cream sauce; sprinkle some chopped parsley or truffles over, and place around the eggs slices of hot, fried bacon cut thin and rolled.

Eggs with Cream—2.

Cover the bottom of a buttered porcelain plate with cream; break on this the eggs carefully; let them bake for four minutes; sprinkle a little salt and pepper and a bit of butter on each egg, and serve in the same dish in which they are baked.

Eggs with Black Butter.

After the eggs are fried on one side only, remove to a hot dish, add one tablespoonful of butter to what is already in the frying pan and let it cook until of a deep brown color. Then drop in two teaspoonfuls of vinegar, pour over the eggs and serve.

Eggs with Cheese.

Boil until perfectly hard eight eggs. When cooked put them into cold water. Cook in the double boiler a white sauce, made with two tablespoonfuls of flour stirred into three tablespoonfuls of butter, until the sauce thickens; then add one cup of cream or milk, 1 saltspoonful of salt, some cayenne and three tablespoonfuls of grated cheese; stir well until it is quite thick. Butter a plate (deep pie plate), spread on the bottom a little of the sauce, then the eggs sliced, then more sauce; over all sprinkle two tablespoonfuls of cheese, then a slight covering of fine bread crumbs, dotted with bits of butter, brown in the oven and serve at once.

Poached Eggs in Milk.

Poached eggs in milk, with a white sauce poured over them, make a change from the ordinary way of serving. Or the milk can be thickened in which

the eggs were poached and one tablespoonful of anchovy sauce stirred into it, a little pepper, but no salt, for the anchovy is salt, and one teaspoonful of butter. The flour to thicken should be moistened with a little cold milk before stirring into the hot milk.

Scrambled Eggs with Smoked Beef.

Three tablespoonfuls of dried beef, finely minced; fry with one tablespoonful of butter until it is crisp; remove from pan and keep hot while you scramble six eggs. Place one tablespoonful of butter in the pan, beat the eggs well, add a little salt and pepper and one tablespoonful of cream or milk. Three minutes will cook them. Then mix the beef with the eggs and serve at once. Garnish them with parsley.

Egg Cutlets.

Boil six eggs very hard, when cold put them through the meat chopper, and as you do this, add a sprig of celery and parsley and a few slices of onion. Make one pint of very thick white cream sauce. Stir until the sauce is smooth—season with one-half teaspoonful of mace, one-fourth teaspoonful of pepper, one-half teaspoonful salt and three drops of Worcestershire sauce, then add the minced eggs. When all are thoroughly mixed, remove from fire and spread on a platter, to about an inch in thickness, put this in refrigerator to become cold. When needed make into cutlets, dip each one into beaten egg, then into bread crumbs and fry in very hot deep fat, serve with a tomato or mushroom sauce.

Eggs with Crumbs and Cheese.

Cut some slices of cheese about a quarter of an inch thick and place them around a shallow baking tin, sift browned bread crumbs over the bottom of the tin, place thin slices of cheese over these, then break gently over the cheese as many eggs as required, season with salt and pepper, cover with more browned bread crumbs, season with salt, bake until the eggs are cooked.

Egg Croquettes.

One ounce of butter, one pint of flour, one pint of boiling water, five eggs. Mix the flour with the water in a saucepan; when well cooked take from the fire and cool the mixture; when cold add the eggs one by one, beat the batter very hard before the eggs are put in, and after, then drop the batter in little bits like eggs into deep boiling lard.

Devilled Eggs.

Take as many eggs as there are persons to be served; break them into the saucepan and fry them until the whites are firm; be careful not to break the yolks; trim the eggs nicely and place them on a hot dish; pour over this sauce, which should be ready at the same time the eggs are to be served.

Put into a stewpan one tablespoonful of butter, two tablespoonfuls of cream, a little cayenne, one saltspoonful of salt, one teaspoonful of French mustard, one-fourth teaspoonful of English mustard, one tablespoonful of tomato catsup, the yolks of two raw eggs. Stir together on the fire until the sauce thickens, add one tablespoonful of finely minced cold ham, and one green pepper cut very fine (if convenient); serve.

Fried Eggs—1.

When the frying pan is hot put in a little butter, then place the pan on a cooler part of the stove, break into the pan, one at a time, the eggs; if the eggs are put into the pan when it is very hot they will burst and crack. Serve with slices of broiled or fried ham.

Fried Eggs—2.

One tablespoonful of olive oil, put into the saucepan; when hot, drop gently into it the eggs. As soon as the eggs are cooked, carefully remove from the oil; the whites should have a yellow edge. It is very necessary that the eggs for frying should be most carefully put into the pan so as not to break the yolks. In place of the oil, butter can be used. Serve very hot; sprinkle over the yolks a little salt and pepper.

Eggs a la Newburg.

Boil six eggs until hard, remove from fire, place in cold water while you make the sauce. Put into saucepan two tablespoonfuls butter mixed with one tablespoonful flour, when smooth add one cupful of milk or cream, when the sauce is thick add the well beaten yolks of three eggs, one teaspoonful salt, some pepper and a little cayenne, stir together, add two tablespoonfuls sherry and remove from the fire as cooking the sherry makes a bitter taste in anything. Keep warm on back of stove, while you remove shells from eggs, cut them in small pieces, place on a dish they can be served on, place for a moment—just long enough to reheat the eggs—in the oven, remove and pour over the sauce. Serve hot.

Eggs in a Nest.

Toast some slices of bread a light brown and pare off the crusts, leaving an oval of toast; on this put a big teaspoonful of white of egg beaten to a stiff froth; drop the yolk in the center, with pepper, salt and a tiny bit of butter, and set in the oven until it becomes a golden brown.

Eggs on the Plate.

Rub the plate well with butter, sprinkle a little salt and pepper over, then break the eggs carefully; do not break the yolks; put bits of butter on the eggs, and put one spoonful of cream over each egg; put the plate on a tin containing a little hot water, and stand in the oven for five minutes, and serve hot.

Poached Eggs.

A wide and shallow pan is the best for poaching eggs. Half fill the pan with boiling water slightly salted; break the eggs carefully into a saucer separately and slide them into the water; let them simmer for two minutes, then let the water boil for another minute; this detaches the eggs from the pan; then remove the eggs with a pancake turner; place them on slices of hot toast or on minced meat or fish.

Eggs can be poached in milk; all eggs for poaching must be perfectly fresh.

Three drops of Worcestershire sauce on each egg just before it is quite cooked, can be added.

Poached Eggs with Anchovy Paste.

Make six slices of toast, butter and spread over them some anchovy paste and place in the oven for a few minutes. Poach six eggs and place an egg on each piece of toast, add a very little salt and pepper to each top and serve very hot.

Cutlets of Eggs.

Mix together two tablespoonfuls of butter, adding gradually four tablespoonfuls of flour in a double boiler. When perfectly smooth, pour over gradually, stirring all the time, one cupful of milk. Then cook until smooth and thick. Boil until hard, eight eggs; cool; cut into small pieces; add one teaspoonful salt, one tablespoonful of grated onion, a little cayenne, one tablespoonful finely chopped parsley. Mix with the sauce and cool. When cool, shape into cutlets and dip each cutlet into beaten egg and dry bread crumbs and fry quickly in hot deep fat. Serve over it a white sauce.

Swiss Eggs.

Spread on the bottom of a shallow dish, one that the eggs can be served in, two tablespoonfuls of butter. Over the butter place thin slices of Gruyere cheese, then drop six eggs over the cheese. Be careful not to break the yolks, sprinkle a little pepper and salt over all; mix together one tablespoonful of finely chopped parsley and two tablespoonfuls of finely grated Gruyere cheese. Spread this mixture over the eggs; bake in a hot oven for about ten minutes and serve hot.

Eggs in Cases.

Use the little china fireproof cases, or small paper ones, if the paper ones are used oil them with olive oil; put in the bottom of each case a piece of butter about the size of a hazel-nut, a half teaspoonful of finely chopped parsley, a little pepper, salt and a sprinkle of cayenne. Break one egg into each case, cover with one teaspoonful of grated cheese and one teaspoonful of baked or browned bread crumbs. Bake in the oven for five minutes and serve at once.

Eggs in Purgatory.

Have one tablespoonful of butter hot in the frying pan, break the eggs carefully into it, and fry gently, fry for three minutes, remove from pan, place on hot plate and pour over some tomato sauce. Have one cupful of tomatoes, pour off the liquor, cook in pan with one tablespoonful of flour, mixed together and stirred into the tomatoes, add one teaspoonful salt, one tablespoonful onion juice, add pepper and cayenne. Serve very hot.

Plain Omelette.

Beat three eggs lightly with a little salt and pepper, add three tablespoonfuls of hot water. Put a little butter in the omelette pan; when hot, pour in the eggs, stir continually with a fork so that all may cook evenly; the omelette must cook quickly; when the eggs are set, run the knife under the omelette which is nearest the handle of the pan; turn this half over on the other half; take a hot plate and place it on the edge of the pan and flop the omelette on to it.

This is a plain omelette; all other varieties are made by adding the ingredients after the eggs are put into the pan.

Oyster Omelette.

Cook the oysters in a little butter, add to the omelette, as above, just before you cover with the second half.

Omelette with Parsley.

Stir two tablespoonfuls of finely minced parsley into the omelette before cooking it.

Omelette with Chives.

Chop the chives very fine, add to eggs. Same as above.

Poached Eggs with Tomato Sauce.

Have water in the pan quite hot and slightly salted, break each egg on a saucer and slip gently into the water. As soon as the eggs are poached, which will be in three minutes, remove from the pan with a pancake turner, place on slices of hot buttered toast, sprinkle over a little salt and pepper on each egg, then pour over a tomato sauce. Heat while the eggs are being poached, one cupful of cooked tomatoes, season with salt and pepper and one tablespoonful of butter, mixed with one tablespoonful of flour, stir well, and as soon as the sauce thickens, strain it over the eggs. Serve hot.

Eggs in Tomatoes.

Take fresh tomatoes, dip them in hot water in order to remove the skins. Cut a slice in the top large enough to take out the seeds or interior, break one raw egg in each tomato, fill with cream, cover your tomato with the removed slice, place the tomato in a buttered saucepan and bake ten

minutes, remove carefully from pan, place on hot dish, remove tops, put in each tomato a bit of butter, salt and pepper, put top on and serve hot.

Omelette Souffle.

Beat the yolks of six eggs to a cream, add four tablespoonfuls of sugar and the grated rind of one lemon. Beat the whites of four eggs to a stiff froth. Mix all these together. Put into the frying pan one tablespoonful of butter, when hot—put in the egg mixture, stir and as soon as all the butter is absorbed turn the mixture into a buttered baking dish, place in hot oven until brown (about six minutes). This souffle must be served at once.

Omelette with Tomatoes.

Cook the tomatoes about one cupful, add to the omelette before it is cooked, season the tomatoes with salt and pepper.

Orange Omelette.

For three eggs, use the thinly grated rind of one orange and three tablespoonfuls of the juice. Beat the yolks until light, add three tablespoonfuls of fine sugar, then the juice and rind of the orange, beat the whites of the eggs until light, fold them in the mixture and then all into an omelette pan, cook until set, then place in a moderate oven and lightly brown. Serve on a hot dish.

Spanish Omelette.

One large tomato cut in pieces, one small green pepper cut in pieces, seeds removed, one small onion sliced, one teaspoonful of parsley chopped fine, one teaspoonful of celery chopped fine, half a can of mushrooms cut in pieces. Cook these together for a few minutes, then put with the omelette when it is in the pan.

Stuffed Eggs.

Boil as many eggs as you require until they are hard; then put them into cold water, when cold remove the shells, cut into halves, and take out the yolks. Mash these into a smooth paste, with one tablespoonful of olive oil or two of melted butter, one saltspoonful of salt, a little cayenne. Mix all together, fill the halves with the mixture, join together and serve on lettuce leaves. A little cream can be added to the stuffing or a little anchovy paste, or a few olives chopped very fine, or a few shallots, chopped fine, or a few nuts if desired, or some finely minced parsley. Do not make the stuffing too stiff.

Eggs with Sausage.

Cut eight sausages into half-inch pieces, or make as many little cakes out of prepared sausage meat as needed, fry these in a hot pan for six minutes, turning them once, then remove from pan and place on a hot dish. Put into the pan in which the sausages were cooked one cupful of tomatoes and one tablespoonful of finely minced parsley. Stir well, and then put the

sausage into a shallow baking dish, pour over the sauce, and then carefully break over the sauce as many eggs as the dish will hold, place in hot oven until the eggs are cooked and serve at once.

Eggs a la Tripe.

Allow one egg to each person to be served. Boil them for eight minutes, then slice them, using a warm knife for the purpose. Butter a porcelain dish, put in the bottom a layer of cream sauce, then a layer of sliced eggs, sprinkle over them a little finely chopped onion or shallot, some chopped parsley; continue these layers until the dish is full, having the cream sauce for the last layer, put over some fine bread crumbs and some bits of butter. Place the dish in a tin half filled with boiling water and put into the oven for fifteen minutes, then take from the oven, sprinkle over the tops some hard-boiled yolk of egg, passed through a fine sieve, and serve.

Savories.

Savories are served with the salad course at dinner or at luncheon.

Savories (Anchovies).

Take two hard boiled eggs, mash the yolks with one saltspoonful of salt, two mustard spoonfuls of French mustard, rub together, then add slowly two tablespoonfuls of olive oil, one tablespoonful of tarragon vinegar, stir all one way until blended smoothly, then add two filletted anchovies, which have been well pounded; lastly add one-half gill of whipped cream and spread the mixture on thinly cut brown bread.

Anchovy Straws.

Take "anchovies in oil," dry them and cut into long, thin strips; roll each strip in pastry and fry in deep, hot fat; pile them two by two like straws, and serve hot.

Anchovy Toast.

Toast thin slices of bread, butter them and spread over some anchovy paste; serve hot.

Anchovies are usually used in the paste as it is easier, and spreads well on crackers or toast. To use the fillets, split each fish, and use the fillets which are the strips along the backbone.

French Anchovy Sandwich.

Have ready a dozen small rolls, cut in half, and with the crumbs nearly all removed. Chop four hard boiled eggs fine, and put them into a bowl with four tablespoonfuls of olive oil, one of French vinegar and a teaspoonful each of chopped herbs—parsley, chives and tarragon. Mix all well and fill the rolls. Then lay over the top the fillets of anchovy about a quarter of an inch apart. The two halves of the rolls may be joined if desired, or the separate halves served on a napkin.

Cheese Patties to Serve with Salad.

One cupful of grated cheese, one of grated bread crumbs, three eggs, salt, pepper and a third of a cupful of melted butter. Stir all together until light and comparatively smooth, then add half a cupful of milk. Turn the mixture into small deep dishes, cover the top of each with cracker crumbs and bits of butter and bake. Serve at once.

Aspic or Savory Jelly.

Two calf's feet, three pounds of the knuckle of veal, three-fourths of a pound of lean ham, two onions, three carrots, one bunch of herbs, one blade

of mace, twelve pepper corns, one bunch of sweet herbs, four quarts of water; boil these together until the liquor is reduced to two quarts; skim and strain; when cold skim off all the fat, put the jelly back into the stewpan, stir in the whites of two eggs well beaten, stir until the broth boils, then let it simmer slowly for fifteen minutes, strain through a jelly bag into a mold. Flavor with one tablespoonful of tarragon vinegar if desired.

A Savory with Bacon.

The bacon may be prepared and can be easily cooked the last moment over the fire in a frying pan; or if desired it may be cooked upon the table in chafing dish. Skin and bone some sardines; add to them some paprika, a little chopped parsley (or lemon juice may be used in place of parsley), and some butter. Rub these ingredients together, making them into a smooth paste. Spread this paste upon thin slices of bacon and roll each slice up in a close roll and fasten it with a little wooden toothpick. Lay the prepared slices in a hot frying pan and cook quickly. Serve very hot with hot crackers.

Caviare Canapes.

Cut some slices of bread one-fourth inch in thickness, cut with the two-inch cutter into rounds. Fry in hot fat until both sides are brown. To one-fourth cup of butter made soft and creamy, add one teaspoonful salt, one teaspoonful of paprika, and one teaspoonful of watercress. Make into balls and let them become hard; when needed, spread on the bread slices and then put on a layer of caviare and squeeze a little lemon juice over all. To prepare the cress, wash and drain, then chop very fine and squeeze dry in a cloth.

Hot Crackers.

Hot crackers always make a good relish. Butter them and cover thickly with fine grated cheese and a little cayenne, place them in a baking pan and sprinkle a little sherry over them. Bake in a hot oven until slightly browned and serve at once.

Egg Savory.

Cook half a can of tomatoes twenty minutes with a teaspoonful of chopped parsley and a teaspoonful of chopped onion; add five eggs after beating them a little, and stir all together briskly until consistency of scrambled eggs. Add cayenne and salt to taste. Thin slices of green pepper are an addition. Serve on square pieces of hot toast, from which the crusts have been removed, and spread with anchovy paste; then serve immediately.

Gascony Butter.

Take equal quantities of parsley—picked from the stalk—and parboiled, of boned and pounded anchovies, and of fresh butter. Mix the ingredients well together and pass them through a fine sieve; shape the butter into little balls and put on ice for one hour.

Ham Butter.

Pound together one hard-boiled yolk of egg, two tablespoonfuls of cooked ham, two tablespoonfuls of butter, a little cayenne. Mix until smooth. This butter is useful spread on hot toast for breakfast or for use as a savory on hot crackers.

Olive Custards.

Mix one ounce of grated cheese in one egg well beaten; mix over the fire until a very thick custard; fry some little rounds of bread in butter, spread them very thinly with anchovy paste and pour on each a small quantity of the custard. Stone some olives, and put one in the middle of each round.

Puff Paste Straws with Bloater Paste.

One-fourth of a pound of flour, rub into it one tablespoonful of bloater paste, a little cayenne, one-half cup of cold water; make into a smooth paste, roll it out and put on it one-fourth of a pound of butter, fold it up and roll out six times, lastly roll out to one-eighth of an inch in thickness; cut it into strips two inches long and one inch wide and bake in a moderate oven for fifteen minutes; take out and spread over some bloater paste, and over that some whipped cream, seasoned with a little salt and cayenne.

How to Stone Olives.

Have a sharp pointed knife, cut the olive through to the stone on the blossom end and pare off the meat, press the meat afterwards into its original shape—olives are used as a garnish for many dishes.

Olives Rolled in Pork.

Roll each olive (the large Spanish olive) in fat pork, tie up, dip in flour and bake in a quick oven until very brown, serve with any roasted meats or stews.

Sardine Butter.

Remove the skins and bones from eight sardines; put into a mortar and pound until smooth, two tablespoonfuls of parsley chopped very fine, four ounces of butter; pound these with the sardines and spread on hot toast.

Broiled Sardines on Toast.

Broil the sardines; have small slices of hot toast; place a sardine on each piece and pour over them a sauce made with the oil in which the sardines were packed, and one spoonful of paprika heated together.

Sardines with Cheese.

Take small sardines, drain them from the oil, remove the skin and tip of the tail, and put over the fish a sprinkle of cheese grated fine. Cut some slices of toast a little larger than the sardines, butter them and put on the sardines, place in the oven to warm, but not to crisp, and serve hot.

Iced Savory Souffle.

This can be made of almost any kind of fish, chicken or game; it is excellent with lobster meat. Cut up the lobster or whatever meat used into very small pieces; let it soak in mayonnaise sauce for two or three hours. Have some well-flavored aspic jelly and whip it till it is frothy. Put some of this at the bottom of the dish it is to be served in, then place a layer of the lobster and fill it up with aspic and lobster alternately till the mold is nearly full; place a stiff band of paper round, and fill it with whipped aspic. Put it on ice for two hours, take off the paper and serve.

Cheese, Eggs and Tomatoes.

One cupful of cooked tomatoes, place in the saucepan, add two eggs well beaten, two tablespoonfuls of grated cheese, one saltspoonful of salt, a little cayenne, one-half teaspoonful of made mustard, one teaspoonful of sugar, one tablespoonful of butter, cook these together, only until all seem well blended, then pour the mixture on hot toast and serve.

Cheese and Eggs.

Cut six slices of bread, remove the crusts, fry them until a light brown in hot fat; keep them warm while you heat together two ounces of cheese cut fine, one ounce of butter and the yolk of one egg; when the butter and cheese are melted, stir in the yolk, add salt and pepper and a little nutmeg, spread the mixture on the bread and serve at once.

Savory Butter.

Pound to a paste four ounces of rich cheese with a small piece of butter (this varies with the dryness of the cheese), two spoonfuls of vinegar, a good dash of cayenne, a dessertspoonful of essence of anchovy and the same of mustard, heat over the fire, and put on toast.

Canape Piquante.

One cup of grated "York State" cheese, which melt in a double boiler over boiling water, stir constantly while melting. When the cheese is thick, add a little salt, some mustard, cayenne and white pepper, one teaspoonful of Worcestershire sauce or chile sauce, one tablespoonful tomato catsup, stir these together and spread on rounds of buttered toast. Chop some thin slices of bacon into small bits, fry these until brown and crisp, spread over the cheese mixture, cover with fine bread crumbs which have been soaked in melted butter, place in oven to brown, serve at once.

Eggs.

Boil the number of eggs required until perfectly hard. Shell them when needed. Serve on crisp lettuce leaves, or slices of ripe tomatoes. Cover with a white sauce, flavored with a little wine or with some onion juice.

Sprinkle over the sauce some paprika. Serve thin slices of buttered brown bread with the eggs.

When serving mayonnaise sauce with fish, fill the halves of lemons with the sauce, remove the inside part of the lemon.

Scotch Woodcock.

Eight hard-boiled eggs, chop them fine; one cup of milk, when boiling stir into it one tablespoonful of flour well mixed into two tablespoonfuls of butter, add one tablespoonful of anchovy paste, a little cayenne and a little salt; stir in the eggs, heat for one minute, then pour the mixture on to pieces of hot toast and serve at once.

Hors d' Œuvres.

Hors d' œuvres are served at the beginning of dinner or luncheon. They are borrowed from Russia, where a number of savory dishes are placed on a side table for the guests to help themselves; they excite the appetite for the meal to follow.

The observing housekeeper will soon learn to invent many new hors d' œuvres, making unusual combinations of fish, meat pastes, eggs, salads, vegetables and fruits.

Raw Oysters.

Of all the hors d' œuvres the simplest are oysters served in their shell, the shells carefully washed and opened, six oysters are generally served to each person, though four will answer. Regular plates come for the serving of raw oysters, if an ordinary plate is used, place the shells on it, a quarter of a lemon in the center of the plate. Serve brown bread buttered, and a little cayenne.

Olives.

Olives can now be purchased so perfectly prepared, stuffed with a variety of pastes, it is very easy for the housekeeper to use these in combinations with toast, meats, salads, etc.

Olives with Anchovies.

Stone a number of olives, fill olives with anchovies pounded to a soft paste, with some olive oil, or thick cream. Serve them on lettuce leaves, with a spoonful of stiff mayonnaise over them.

Olives with Pate de Foie Gras.

Stone the necessary amount of olives, fill them with pate de foie gras, serve on lettuce leaves.

Caviare on Toast.

Fry in butter some small rounds of bread one inch in thickness, until a light brown on both sides, then place a layer of caviare on each round, over that four or five thin strips of salt herring, previously soaked in a

little bath of mixed olive oil and lemon juice, over the herrings put the yolks of hard boiled eggs, rubbed through a sieve, forming a little mound on each; on top of all a sprig of parsley or chevril.

Sardines.

Remove all the outer skin from enough sardines, allowing one for each portion, split the fish down the back with a small sharp pointed knife, take out the bones and close the fish. Place some small leaves of endive or lettuce, dressed with olive oil and tarragon or cider vinegar, on each plate, put a sardine on each, cut some cucumber pickles into thin strips, cross these over the fish, sprinkle some finely chopped hard boiled whites of eggs over, then the yolks (which put through a sieve first) in a little layer around the fish, and a layer of pickled beets around the yolks, the beets to be cooked, cooled and soaked in vinegar until cold.

Sardines with Maitre d'Hotel Butter.

Allow one sardine for each portion, skin them, place each one on a slice of buttered toast. Make the sauce with three tablespoonfuls of butter melted, one slice of onion, grated very fine, one tablespoonful of chili vinegar, one tablespoonful of finely chopped parsley, a little cayenne and one teaspoonful of lemon juice. Mix well and pour over the sardines.

Stuffed Eggs.

Boil six eggs until hard, when cold cut them into halves, remove the yolks. Mix the yolks into a soft paste with one tablespoonful of finely chopped parsley, one teaspoonful of finely chopped thyme, a very little grated nutmeg and a very little cayenne, one tablespoonful melted butter or olive oil, when the paste is smooth, fill the halves of the whites, put them together neatly and place each egg on a leaf of lettuce. Make into small balls all that is left of the paste, put them around the eggs. Serve thin slices of bread, spread with thick cream or butter, flavored with a little anchovy paste.

Russian Crackers.

Have thin crackers, crisp and fresh. Cover with a paste, made of finely chopped cucumbers, watercress, the yolks and whites of hard boiled eggs and a few anchovies, in the center of each cracker, place two capers, and serve with watercress.

Gascony Butter.

Four tablespoonfuls of finely chopped parsley, four tablespoonfuls of anchovy paste, mix well together with four tablespoonfuls of butter, make into small balls, place on ice to harden and serve with cheese.

Clam Chowder.

Take fifty clams, chop them into small pieces, one and one-half pound of salt pork, also chopped fine, cover the bottom of the soup kettle with a layer

of salt pork, then put layer of sliced onions, then a layer of clams; season each layer with pepper, then add a layer of sliced potatoes, then begin again with the clams, pork, onions, crackers until the kettle is nearly full, finishing with crackers. Cover with the clam juice and one and one-half pints cold water. Add, if liked, one pint of canned tomatoes or six ripe ones, from which remove the skins, cover the kettle closely, cook steadily for one hour, then remove the contents into a soup tureen, thicken the gravy in the kettle with a tablespoonful of butter rolled into flour and one tablespoonful of chopped parsley, boil the gravy for about five minutes, and then pour it into the tureen, stir well together and serve; if the flavor of thyme and sweet marjoram is liked, a teaspoonful of each finely chopped can be added.

Iced Hors d' Œuvres.

For this a pint of either aspic or meat jelly will be required.

Cut into small pieces any cold cooked fish, chicken, game, sweetbreads or crab meat. Soak the pieces in highly seasoned mayonnaise sauce for two hours, then place a layer of the meat in a dish which must be one in which the hors d' œuvre can be served—over this a layer of jelly well beaten and frothy, then a layer of the meat and so on until the dish is nearly full, bind around the top of the dish a stiff paper band, fill up the dish full with the jelly, place on the ice until needed, remove the paper and serve.

Smoked Salmon.

Fry in butter some rounds of bread about one inch in thickness until brown on both sides, then spread each slice with butter and cover the butter with thin slices of smoked cooked salmon.

Lyons Sausage and Eggs.

Cut some Lyons' sausage into thin slices, take off the outer skin. On each slice put the hard boiled yolk of eggs, put through a fine sieve, then over the eggs some fine slices of pickled cucumbers, place all on a small plate.

Canape Piquante.

Cook over boiling water, one-half cup of grated cheese, one-half cup of cream and yolk of one egg, when the mixture thickens, add a little salt, pepper, pinch of cayenne, one-half tablespoonful of tomato catsup, mix well and spread on rounds of hot buttered toast.

Cut very fine six slices of thinly cut bacon which fry until crisp and brown, spread this mixture on the hot toast, cover with one-half cup of fine bread crumbs mixed with one teaspoonful melted butter. Place in hot oven to brown, then serve at once with salad.

Vegetables.

Vegetables should be cooked only until they are tender. Long cooking renders them tasteless and takes from them much of their food value. Butter and cream are always to be added at the last moment, just when ready to serve. The healthfulness of green vegetables is due to the water and alkaline salts they contain.

The list of edible greens is much larger than is generally supposed. Spinach is well known; also Brussels sprouts. Kale, lettuce, dandelion, watercress, landcress, turnip tops, sorrel, chicory, corn salad, cowslip, narrow dock and milkweed. The watercress alone contains iodine, iron phosphate and a sulpho-nitrogenous essential oil. "Eat cress and learn wit," said the Greeks.

The free use of carrots is said to be a beautifier of the skin, giving a soft satiny look to it. Owners of fine stock well understand its valuable qualities and use carrots for their stock. Cabbage, eaten raw, is valuable in anæmia.

Celery is a great nerve tonic and valuable in neuralgia and rheumatism. Garlic and leeks stimulate the circulation of the blood.

Lettuce is a source of iron in the blood and contains all the mineral elements of nutrition and should be eaten freely in Spring and Summer.

Olives are stimulating to the blood.

The Kitchen God.

"The kitchen god of China is perhaps not rightly so called. He has a place over the cooking range, but he is the 'recording angel' of the Chinese house, and it is his duty to note the actions of each member of the family and report them to the gods at the end of every month. Once a year too, he goes to heaven in person and makes his annual report. So once a year the family prostrate themselves before him, carry him in procession, and finally burn him, while crackers are fired."

Vegetables.

Fresh vegetables, especially of the cabbage tribe, should be put into fast boiling water; salt should be added only towards the end of the cooking, as its earlier application hardens vegetables.

Potatoes should always be put into boiling water. Do not peel potatoes and let them soak for an indefinite time in cold water. Never boil potatoes to be served plain, before you need them, unless desired for reheating; never try them with a fork; the fork causes them to break and crumble. If needed for reheating they can be cooked and cooled.

All green vegetables should be cooked in soft water; add a small bit of soda to preserve the green color. Never cover green vegetables.

Garlic is a most excellent flavoring.

Never have the vegetables wait for the meat.

Steaming Vegetables.

Many vegetables can be steamed or stewed in the oven when the top of the range is full. After preparing them, place them in an earthenware jar with a spoonful of water and a very little butter. Cover the jar and stand it in a saucepan of water or the jar can stand in the oven. Green peas, beans, cauliflower, cabbage, all can be so cooked.

Keeping vegetables in the cooking water after they are "done" spoils both looks and taste. After pouring water off, return to fire for a minute to dry them off before dressing.

Washing Vegetables.

All vegetables must be carefully washed and carefully looked over, this is essential to health as so many kinds of poisonous preparations are used in their cultivation, owing to the various insects and pests which infest the gardens.

As vegetables and fruits are probably going to be generally sold by weight in future, as they are specially sold so now in places—the following weights may prove a guide though not an absolutely exact one:

Apples, peaches, beets, carrots, parsnips, turnips, tomatoes, onions, sweet potatoes, ask for twelve pounds instead of a peck or three pounds instead of a two-quart measure.

Irish potatoes, ask for fifteen pounds instead of a peck.

Beans (marrow, navy and kidney), peas (not green), ask for fifteen pounds instead of a peck or two pounds instead of a quart measure.

Green vegetables, beans (green, wax and lima), peas, ask for one pound instead of a quart measure.

Spinach, ask for three pounds instead of a peck.

All headed vegetables should be soaked in salted water—heads down—to improve the flavor, also to drive out the insects, which lodge on the leaves, especially in both cabbage and cauliflower—indeed it is safer always to cut these vegetables before cooking.

Globe Artichokes.

Cut off the stem close to the leaves—take off the bottom leaves, trim the artichokes, remove the center or choke; tie up the artichoke to keep its shape. Soak a little while in cold water. Cook in boiling water slightly salted, about forty-five minutes, take from the water, drain, remove string and serve. Serve Hollandaise sauce or white sauce in which one egg yolk has been beaten, to color it. The leaves are pulled off and dipped into the sauce.

Jerusalem Artichokes Stewed.

Wash the artichokes, cut off the end of each quite flat. Boil them in milk and water and lift them out the moment they are done; drain and place them in the dish in which they are to be served, and cover them with a rich bechamel sauce, or simply, with butter. Keep the water in which they are cooked, for the basis of a soup.

Artichokes Creamed.

Boil two pounds of Jerusalem artichokes in milk until soft enough to mash through a sieve. To the milk in which they were boiled, add the yolks of four eggs slightly beaten, one saltspoonful of salt, one-half saltspoonful of pepper, and cook until thick, then add the artichokes and the white of one egg beaten very stiff. Put the mixture into a well-buttered mold and steam for one hour, covering the mold on top with a white paper well buttered, after, let it become very cold in the refrigerator. When required, turn from the mold and serve with a mayonnaise, or use while hot with a white sauce.

Asparagus.

Asparagus of the large or giant variety should be cut in exactly equal lengths and boiled standing tops upward in a deep saucepan; nearly two inches of the heads should be out of the water, the steam sufficing to cook them, as they are the tenderest part of the plant. The stalks can be boiled by this method thirty or forty minutes, thus insuring a third more of the asparagus delicious.

Asparagus Creamed.

Cut off the heads of the asparagus; cook them in slightly salted water; when tender, which will be in about twenty minutes, drain off the water and add one cup of cream, one-half tablespoonful of butter, one saltspoonful of salt, and a little pepper; as soon as the cream is hot, serve the asparagus on slices of toast.

Baked Bananas.

Peel the bananas, place them in a tin pan with three teaspoonfuls of cold water and one-half teaspoonful of butter, drop a little lemon juice over each banana, dredge them with a little cinnamon and sugar; bake for fifteen minutes, or until they are easily pierced with a fork. Serve at once.

Green Beans Creamed.

Cut the ends of young green beans and string them carefully. Cut the beans in narrow strips, cook in a saucepan, putting them into boiling water, do not cover the pan, add a pinch of soda; when the beans are tender, drain, put back into the saucepan, add one tablespoonful of butter, one tablespoonful of cream, salt and pepper.

Green Beans "Snaps."

"Snap" and string the beans, cook them in boiling water, add a wee bit of soda; cook with them a small piece of salt pork, the pork ought to be cooked first for an hour, then put in with the beans, when cooked add a little salt and pepper and serve with the pork.

Lyonnaise String Beans—Canned.

Put in a stewpan three tablespoonfuls of butter, when hot add one onion sliced, fry until the onion is brown, then add one quart of canned string beans, which have been well drained from the can, cook these together, turning them often until they are well heated, then add one tablespoonful minced parsley, one tablespoonful butter, one tablespoonful of lemon juice and serve at once.

Lima Beans—1.

Boil the beans in water; when nearly done let the water simmer away, add one cup of cream or milk, with one tablespoonful of flour and two tablespoonfuls of butter mixed together.

Lima Beans—2.

Boil one pint of lima beans for one hour or until tender, then drain them, season with a little salt; keep them hot. Make a sauce with one egg beaten light with two tablespoonfuls of cold water, two teaspoonfuls of lemon juice; add one tablespoonful of butter; boil these together until the sauce thickens, then pour it over the beans and serve hot.

To Can Beets.

Only young beets are good to can, in fact, it is difficult to cook old beets tender. Wash, do not peel, fill the jars, pour over boiling water, stand the jars in boiling water until the beets are cooked, then fill to the brim with boiling water, cover at once. Let the jars stand in the water until cold, then put melted paraffine over tops.

Brussels Sprouts.

Two quarts of Brussels sprouts, wash them in salted water thoroughly, put them into three quarts of boiling water with one tablespoonful of salt; boil them gently until they are tender—this may be in twenty minutes, shake the pan occasionally, then drain them, do not break them; return to the saucepan, add one-half tablespoonful of butter, one teaspoonful of lemon juice, a saltspoonful of salt, one-fourth saltspoonful of pepper; stir over the fire until hot, then serve on hot buttered toast, or if preferred, cover the sprouts with a white sauce and serve on toast. Put in double boiler one tablespoonful of butter, when hot add one tablespoonful of flour, stir together, add one small cup of cream or milk, when it thickens, pour over the sprouts.

Boston Baked Beans—1.

Wash the beans and soak them over night in cold water; in the morning put them into cold water and boil until soft, then put them into the bean pot with the same water, some pepper, one pound of salt pork to one quart of beans, one-half cup of molasses. Bake all day; if the water bakes out add more.

Baked Beans—2.

Prepare the beans by soaking over night, then drain, put into saucepan in cold water, and let them come to boiling point and then put them into the bean pot, or dish, add one teaspoonful salt and a little pepper and one tablespoonful molasses, or sugar. Keep them well covered and bake all day slowly—toward the last let the water cook away and add one quart of rich milk or cream. The beans must bake for at least nine hours, beans prepared without pork will be found more digestible than the ordinary baked beans.

Beets.

Wash free from dirt, but never peel them before cooking. Be careful not to break the skin for if broken the beets will bleed. Cook young beets about thirty minutes, old beets until they are tender. When cooked peel off the skin, slice the beets in thin slices or chop fine, put over some melted butter, a little salt and pepper and if liked, one tablespoonful of hot vinegar.

Boiled Cabbage.

Wash and quarter the cabbage not quite into four pieces; keep it so it will not fall apart. Then have four quarts of boiling water and add to it one-half teaspoonful of soda, one heaping teaspoonful of salt, boil the cabbage in this with the cover on ten minutes, then remove the cover and boil twenty minutes. Serve with a sauce as for cauliflower. Cabbage cooked exactly as in this recipe, will be found digestible, and there will be no odor in the house from the cooking of it.

Cabbage with Butter.

Boil a cabbage in two quarts of water for an hour, drain, then chop it fine, put it into the saucepan with four ounces of butter, a little salt and pepper and one teacup of vinegar; let it become very hot and serve.

Cabbage Cold Slaw.

Three well-beaten eggs, four tablespoonfuls of cream, one tablespoonful of slightly melted butter. Mix well together, then add four tablespoonfuls of vinegar, a little cayenne, one teaspoonful of salt, one-fourth teaspoonful of pepper. Place the mixture in a bowl over boiling water and stir until it thickens; pour over the cabbage—which should be chopped fine.

Escalloped Cabbage.

Boil a firm head of cabbage until it is tender and set it aside; when it is cool chop it fine. Take two well-beaten eggs, one ounce of butter, three

tablespoonfuls of cream, a little salt and pepper; cook together, pour over cabbage and bake one-half hour in a moderate oven.

Cabbage Hot Slaw.

Chop fine a head of good, firm cabbage, cook in saucepan with salted water until tender, then drain it from the water, return to the saucepan, and add one-half cupful of vinegar, one teaspoonful sugar, one tablespoonful butter, salt and pepper—let it cook for ten minutes.

Cardoons Boiled.

Cut away the coarse outside of the cardoon, wash it free from sand, lay in cold water to harden; then boil in milk and water till tender, drain it on the back of a sieve. Cut each stalk in two; place them in a vegetable dish and pour white sauce over them.

Carrots.

All food experts agree that carrots are a much neglected vegetable. They are a very valuable vegetable and have also the merit of cheapness.

Carrots—German.

Six carrots, or more, if they are small. Wash, scrape and cut into rings about one-half inch thick. Place in stewpan two tablespoonfuls of butter, as soon as it melts, put in the carrots, with one saltspoonful of salt, pinch of pepper, a little grated nutmeg, one tablespoonful grated onion, one tablespoonful finely minced parsley. Stir all well together, add one cupful of stock, cover and simmer until the carrots are tender, then take from fire and keep warm—while the sauce is prepared.

Take one tablespoonful of butter and one tablespoonful of flour, mix together and brown, when well browned, add the liquor in which the carrots were cooked, return the carrots to the stewpan, let all simmer until quite tender. Serve hot with roast pork or roast mutton.

Carrots Glace.

Scrape the young carrots, wash, put them in a stewpan and cook until tender in a little water, but do not let them break. In a frying pan put three tablespoonfuls of sugar dissolved in a little water, drain the carrots and place them in the syrup, turn them carefully so as to coat the surface of each with the syrup, let them brown, then place on a hot dish and serve as a vegetable with mutton or beef.

Sliced Carrots.

Scrape and wash the carrots, cut them in thin slices and boil them in salted water until half done, then drain them well, put into a stewpan with one cupful of stock, one tablespoonful sugar, let them boil until the sauce is reduced and is thick and brown, add one tablespoonful butter, a little salt, stir well and serve. The sauce should adhere to the carrots.

Carrots a la Maitre D'Hotel.

Scrape, wash and scald the carrots in boiling water; cook them in hot water, with salt and a piece of butter the size of a small egg. When cooked, remove and drain. Mix in a stewpan another piece of butter, one tablespoonful of chopped parsley, one chopped shallot, one teaspoonful of lemon juice, and pepper and salt to taste. Put in the carrots, cook them for two minutes, and serve on fried bread.

Stewed Carrots in their own Juice.

Wash the carrots very clean, scrape them and cut in thick slices, put them in boiling water slightly salted, just enough to cover them, boil gently until tender, then boil them rapidly to reduce the water; when only about one tablespoonful is left, put with the carrots one-half tablespoonful of butter rolled in flour, a little salt and pepper, stir for a moment, then add one spoonful of minced parsley, one teaspoonful of cream, and serve at once.

Cauliflower Baked.

Baked cauliflower is an agreeable change in serving this vegetable. A good, firm head should be soaked in salted cold water for at least an hour, head down. Then drain, put in a saucepan with boiling water, salted again, and simmered gently for fifteen minutes. Drain once more and separate the cauliflower into flowerets, putting the pieces in a baking dish with a little boiling milk, butter and seasoning of salt and pepper; sprinkle over the top with cracker or bread crumbs, and return to the oven long enough to brown.

Cauliflower Boiled.

Choose white, firm and small grained cauliflowers; trim off the leaves and stalk; wash them well in cold water, in which put one tablespoonful of vinegar—by using this, any insect in the cauliflower will be sure to come out. Put the cauliflower in boiling water for five minutes, remove, cool and drain, then boil again in two quarts of water with one teaspoonful of salt. To tell if the cauliflower is done, pinch a small piece, if tender, it is cooked. Serve with a white sauce, or Sauce for cauliflower.

Cauliflower with Cheese.

Cook the cauliflower in salted water; when tender, drain from the water, put into a porcelain dish which will stand the heat of the oven; cover with white sauce, then put two tablespoonfuls of grated cheese over it and some fine bread crumbs and bits of butter; when brown, serve hot.

Stewed Celery.

Take the outer stalks of celery, cut in pieces two inches in length, boil in milk until tender, add a little salt and pepper; when cooked drain from the milk, put into the milk one teaspoonful of butter and one teaspoonful of flour mixed together, stir until the milk thickens and then pour over the celery. Keep the inner stalks for the salad course.

Fried Celery.

Wash carefully the celery, drain, cut into three-inch pieces. Boil in salted water until tender, then remove from fire, drain, and when cool, dip each piece into batter made as follows: To the yolks of two eggs, beaten lightly, add one-half cupful of cold water in which stir one cupful of sifted flour to a stiff batter, if the batter seems too thick, add a little more water, add one-half teaspoonful salt and one tablespoonful of best olive oil; add the whites of two eggs beaten until very stiff, put the batter where it will keep cool for two hours. When needed, dip each piece of celery into the batter, fry in hot fat, just long enough to brown the pieces. Use the frying basket.

Celery Raw.

Carefully separate the stalks, wash and drain. Keep all the hard parts, also the green leaves for soup flavoring. Serve the yellow leaves with the stalks. If the stalks are cut into long slender strips, placed in ice cold water, they will curl up. Do not cut to the very end of the stalk. Or, cut the stalks into narrow three-inch pieces and throw into ice water to curl.

Baked Corn.

Eighteen ears of corn, cut down the middle of each grain, scrape the cob well, add a teaspoonful of salt, a little pepper, one tablespoonful of sugar; beat one egg into one cup of cream and two tablespoonfuls of flour, add to the corn, put the mixture into the baking pan and bake for forty-five minutes; serve in the same pan.

To Clean Corn.

When the next corn season comes it will be well to remember that a fine whisk broom is an excellent utensil for removing the silk when preparing the corn for cooking.

Boiled Green Corn.

Remove the husks and the fine silk from the ears, put the corn into boiling water enough to cover it and boil until tender—young corn will cook in ten minutes. Take from the water, spread a napkin on a dish and put the corn on it; fold over the napkin and serve at once.

Creamed Corn.

Cut the corn from the cob, cut only the outer part of the grain, then scrape the cob clean, cook the first part in a little milk for forty minutes, add the part scraped from the cob, and cook together for five minutes; season with one tablespoonful of butter, a little salt and pepper. Don't add the salt to corn until ready to serve.

Green Corn Cake.

Cut the grains from the corn cob, then scrape the cob well, add one tablespoonful of melted butter, one tablespoonful of flour, salt and pepper. Have

the frying pan hot and lightly greased with butter, pile the corn on it, brown, then turn it over and brown the other side.

Corn Pudding.

Scrape with a knife two dozen ears of corn, cut the grains and then scrape the cobs well. Melt one-half pound of butter; stir into the corn and add one pint of milk, the yolks of three eggs, well beaten, one teaspoonful of salt, one saltspoonful of pepper, then the whites beaten stiff. Pour the mixture into a baking dish and bake in a moderate oven for one hour and a quarter unless the corn is old, when a longer time will be necessary.

Corn Fritters.

One pint of corn, either fresh or canned. Make a batter of four eggs, one cup of milk, one teaspoonful of baking powder, one cup of flour, one teaspoonful of salt; mix these well together until light. Have the fat deep and boiling, then drop the mixture in spoonfuls into it and fry until the fritters are a light brown.

Green Corn Cakes, or Mock Oysters.

Carefully remove all strings or "silk" from the cobs. With a sharp knife, cut through the kernels to the cob, then grate off the corn, be careful not to take any of the cob. After grating the corn, scrape the cobs of all the milky pulp. For twelve ears of corn, add three eggs, well beaten, one teaspoonful salt, mix these well together and fry in spoonfuls on a greased hot griddle.

Green Corn Chowder.

Cut the kernels from twelve ears of corn, scrape the cobs. Put the cobs in hot water about one quart, and boil them twenty minutes, then take out the cobs. Pare and scald potatoes,—enough to make one quart when cut in slices. Fry a small piece of salt pork, cut in small pieces, take them out of the pan, put into the fat one onion, also cut into small pieces, fry until brown, then strain the fat into the kettle with the corn water. Put layer of potatoes, then layer of corn, then a layer of sliced tomatoes, keep adding these layers until your kettle is nearly full. Let all cook for thirty minutes, blend two tablespoonfuls of butter with two tablespoonfuls of flour, stir into the chowder, add one teaspoonful of salt, a little pepper, let all boil up for two minutes, pour over water crackers in the tureen and serve hot.

Cucumbers.

Cucumbers are a most refreshing vegetable, if used when perfectly fresh. It is a mistake to soak cucumbers in salted water to draw out the indigestible part; it renders them unpalatable and wilts them. To prepare the cucumbers properly is to cut off the rind, then cut the cucumber into thin slices and place them in an earthen bowl with ice water. Let them stand at least one hour before serving, then drain, they will be crisp and the poisonous substance (to some) will be extracted.

Cucumbers Fried.

Peel the cucumbers, cut in slices one-fourth of an inch in thickness, dip each slice in beaten egg and then into bread crumbs or into flour; fry brown the same as egg plant.

Cucumbers—for Fish.

Peel the cucumbers, then place in water for one hour, grate them, removing first the seeds, add to the pulp a French salad-dressing.

Cucumbers Raw.

Cut the cucumbers in halves lengthwise, peel and place in ice water for half an hour, then cut out the insides (take out all seeds), chop into small pieces, dress with French dressing and fill the rinds and serve.

Dressed Cucumbers.

Take cucumbers, pare and chop them into small pieces. Take half the quantity of young onions and cut them fine; add one tablespoonful of lemon juice, a trifle of cayenne, and a glass of sherry or Madeira and a dessertspoonful of Chili vinegar. Serve with roast meat.

Stuffed Cucumbers.

Cut the cucumbers in two lengthwise pieces; do not peel them. Scoop out all the seeds. Take bread crumbs well moistened with melted butter and mixed with sweet green peppers, cut into small pieces—be careful to take out all the pepper seeds—fill the halves of the cucumbers very full, brown them in a hot oven, cooking rather slowly at first.

Dandelions.

In preparing dandelions, wash thoroughly the leaves, cut off all roots, place in saucepan with boiling salted water, do not cover. Let the leaves boil for one hour, then take out the leaves with a skimmer, drain well and chop them fine, put into a frying pan, with two tablespoonfuls of butter, a pinch of salt and small pinch of pepper. Stir until well heated, then serve with slices of hard boiled eggs arranged over and around the leaves.

Another way is to cook the dandelions as above, chop them fine. Take one egg, beaten until light, stir into small cupful of cream and cook until thick, then add one tablespoonful butter, two tablespoonfuls vinegar, a little salt and pepper, put this sauce with the dandelion leaves, let all heat thoroughly and serve hot on buttered toast, or without.

Dandelions eaten either cooked, or raw as a salad, are a valuable food in the spring.

Greens.

"The very herbs of the field yield nourishment and make a feast for the temperate man."—Pliny.

Greens have always been esteemed highly in the Spring of the year, although the eating of them has fallen into disuse, largely in the cities, yet

in the country they are still sought after. The fact of their healthfulness should weigh with the housekeeper in their favor.

Greens have been called, "Medicine chests." "Eat cress and learn wisdom," said the Greeks, even Pliny advises them. Chicory, corn salad, cowslip, cress, dandelion, horseradish, kale, lettuce, mustard, black mustard, narrow dock, onion tops, poke, sorrel, turnip tops, are only a few of the edible greens.

These are cooked in the country after being well washed and looked over—in plenty of water with a small piece of salt pork, drained, chopped fine and seasoned with butter or cream, salt and pepper.

Escalloped Egg Plant.

Peel, and parboil the egg plant—to parboil, put the egg plant into hot water and boil for ten minutes, remove from water and cut into dice, season with salt and pepper.

Make a sauce with three tablespoonfuls of butter melted in the double boiler with three tablespoonfuls of flour, when well mixed, add slowly three-fourths pint of milk, stir constantly until the sauce is thick. Boil three eggs until very hard, twenty minutes will cook them. These can be cooked before commencing the sauce. Put the yolks through a sieve, and moisten them with a little milk, then stir into the sauce with one teaspoonful salt, one saltspoonful pepper and a little grated nutmeg and one teaspoonful onion juice, or one tablespoonful minced onion. Put a layer of the egg plant in a buttered baking dish, then a layer of the sauce, alternate the layers until the dish is full. Cover the top with some grated bread crumbs moistened with one tablespoonful of melted butter and bake half an hour.

Fried Egg Plant.

Cut the egg plant into slices one-fifth of an inch in thickness, sprinkle them with salt, pile them on each other and place a weight on the top; leave them for three hours, then rinse and dry the slices, dip them into beaten egg and then into flour, fry them in hot lard; serve hot.

Stuffed Egg Plant—1.

Wash and dry one large egg plant, cut off the top like a lid. Scoop out the inside of the egg plant, season it with salt and pepper; take one onion, peel and chop it very fine, put both into the saucepan with one tablespoonful of butter, cook these together for five minutes, do not brown, add a few mushrooms, chopped fine, one ounce of sausage meat; cook all these together, carefully stirring all the time. Let the mixture cool, then fill the egg plant, tie on the lid, cover the egg plant with buttered paper; cook in a hot oven for twenty minutes.

Stuffed Egg Plant—2.

Scoop out the inside of an egg plant, put this into the saucepan with one tablespoonful of butter, a little salt and pepper, and one cup of milk or cream, cook it well, then return the mixture to the shell of the egg plant, dip it in egg then in bread crumbs, and bake in the oven until it is browned.

Kohlrabi or Cabbage Turnip.

Peel the turnips, cut them into small pieces, boil them until tender in salted water; boil the green leaves of the tops, and when they are done, drain and chop them fine like spinach and return to the stewpan with a little butter, season with salt and pepper. Put the turnips into the center of a dish, pour over a little melted butter, dish the greens around the turnips and serve hot.

Baked Mushrooms.

Toast for each portion a slice of bread and spread it over with cream. Lay on each slice of toast, with the head down, one large mushroom, or, several small ones, fill in each cup with as much cream as it will hold, a bit of butter and a little salt and pepper. Place over the dish a closely-fitting cover; the mushrooms should be in a shallow dish. Bake in a moderate oven for fifteen minutes; do not remove the cover until just before serving. Serve in the same dish, if possible, in which the mushrooms are baked.

Mushrooms with Butter.

Cut the stems from the mushrooms, clean with a piece of flannel and some salt; if necessary to wash them, dry thoroughly after. To one part of mushrooms put one and one-half tablespoonfuls of butter into the saucepan; when hot put in the mushrooms and shake them in the butter until they begin to brown; in five minutes add one saltspoonful of salt and a little pepper, stew them until tender, remove from the pan and serve on hot toast. If any butter remains in the stewpan, put it into a small cup and keep for a steak or some chops the next day.

Creamed Mushrooms.

Peel and stem them, sprinkle with salt and lemon juice, and let them steam in a covered saucepan (granite) for five or ten minutes; add one tablespoonful of butter and cook them until tender, blend in some flour (one tablespoonful) and add one cupful of cream. Instead of flour and cream one cupful of milk beaten with three egg-yolks may be added. A little grated nutmeg added if nutmeg flavor is liked.

Mushrooms Baked Under Glass.

Peel and remove the stems from firm good-sized mushrooms. Stew lightly in butter seasoned with salt and pepper. Put round slices of toast in the

dish, cover with the mushrooms and liquor from the pan in which they have been cooked. Cover with glass bells and bake from fifteen to twenty minutes. When ready to serve add one tablespoonful or more of hot cream to each dish and serve under the bells.

Mushrooms Stewed—1.

Take two tablespoonfuls of butter, one-half teaspoonful of pepper, one-fourth teaspoonful of cayenne. Mix together into a paste, put in saucepan two tablespoonfuls of butter; when it is hot put in the mushrooms which have been peeled, place on each mushroom a little of the paste; as soon as a brown sauce comes from the mushrooms, they are cooked and should be served at once on hot toast.

Mushrooms Stewed—2.

Cut off the stems and boil them in a cup of beef stock for twenty minutes and strain. Take one quart of mushrooms and strip off the skins, put into the stock and stew gently, add one-half cup of cream, one teaspoonful of butter, and thicken with a little flour, salt and pepper. Cook all about half an hour.

Fresh Mushrooms on Toast.

Select two pounds of fine, large, sound mushrooms, neatly pare off the ends, wash and clean them, look them over carefully always, drain and put them into a small stewpan with two ounces of fresh butter, add a little salt and pepper, cover and cook for ten minutes, turning them every little while—then add the juice of one lemon and sprinkle in some minced parsley. Have ten pieces of bread well toasted, not burnt, place on hot dish, put the mushrooms on these and serve hot.

Leeks.

Wash and trim the leeks, taking off the green part, cook them, in salted water until tender, then drain and place on pieces of hot buttered toast, pour over some melted butter and sprinkle with salt and pepper. Leeks are valuable to use in soups, the flavor is delicate and in Sweden they are considered as almost a necessity in soup making.

Baked Onions.

Leave the skins on wash and dry the onions. Put in hot oven, let them cook until tender, then take off the outer skins, add butter and salt, be sure to give time enough for the onions to thoroughly cook.

Bermuda Onions.

A very appetizing sandwich is made by slicing the onions as thinly as possible, sprinkle over a little salt, and place the onions between buttered slices of white or whole wheat bread. Little young onions can be used in the same way, tomatoes sliced can be used with the onions. If the

odor of raw onions is disliked, a sprig of parsley eaten after the onion will take this away.

Onions in Milk.

Cut the onions in slices, lay these in milk for two hours, then drain and dry. Have some fat very hot, dip each slice of onion in flour, then fry until brown, sprinkle salt and pepper over and serve.

Onions.

Old onions are better steamed, new onions stewed.

Onions with Cream.

Parboil the onions, slice and spread them in layers in a baking dish with bits of butter; first onions, then bread crumbs and so on until the dish is full; then add enough cream to fill the dish. Bake one-half hour. To parboil, put the onions into boiling water for ten minutes, then drain.

Onion Custard.

Peel and slice twelve small-sized onions, fry them in one tablespoonful of butter, drain them well from the butter which put aside, then mince them very fine, add to them four eggs beaten lightly and one pint of milk; season the whole with one-fourth teaspoonful of grated nutmeg, a little salt and cayenne. Pour the mixture into a buttered baking dish and bake for fifteen minutes. Serve hot with meat or poultry.

A pretty way to serve the onion custard is to bake it in small tins, turn them out so that individual portions are served, each covered with a white sauce, or a tomato sauce.

Onion Fritters.

Chop up two large onions, make a batter with one tablespoonful of flour, one egg, one-half cup of milk, one teaspoonful of salt, one-half teaspoonful of pepper; mix all well together, drop a spoonful at a time into a pan of boiling lard, drain and serve very hot.

Fried Onions—Devonshire, England.

Take off the outer skins of as many onions as will be needed—see that the onions are as nearly one size as possible. Have in the skillet a good deep fat, beef drippings preferable, place the onions around in the skillet until the bottom is filled. Cover for ten minutes, then uncover and place on the back of the range to slowly simmer one-half hour or more. When soft, remove from the fat and serve. Do not throw away the fat, strain and place in bowl, it is delicious for frying potatoes in, or any vegetable that has to be fried, or for frying slices of bread to serve under vegetables or meats.

Onions with Buttered Crumbs.

Peel one quart of good sized onions, remove the heart and chop them fine. Soak one-half of a cupful of bread crumbs in cold milk, drain off as much

as possible; mix with one cupful of finely chopped boiled ham, the well-beaten yolks of two eggs and the chopped onion, season well with salt, pepper and a tiny pinch of mace and stuff the onions. Arrange them in a buttered baking dish, filling in the space around them with the ham mixture. Pour over one cupful of thin white sauce, cover closely and bake in a moderate oven for an hour. Uncover, sprinkle with buttered crumbs and brown.

Glazed Onions

Peel and cook for ten minutes in boiling salted water, place in a baking tin two tablespoonfuls of butter and one-half pint of stock, place in the pan the onions, do not let them touch each other, cover them with granulated sugar, about two tablespoonfuls, bake thirty minutes, turn the onions often, serve them with baked liver or any roasted meat.

Fried Onions.

Two quarts of sliced onions, put into cold water for ten minutes, drain. Put two tablespoonfuls of butter or fat into the skillet; when hot, add the onions, one teaspoonful of salt and one-half teaspoonful of pepper, cover for ten minutes, then remove the cover and cook for twenty minutes or longer.

Onions in Gravy.

Cook the onions in salted water until tender; mix one tablespoonful of flour, one tablespoonful of butter over the fire until they are brown, then add one wine glass of claret, one cup of gravy; pour over the onions. Serve hot.

Onions Stewed.

Put the onions into a baking dish, cover it with a plate and let them steam in a hot oven for three hours, then pour over them some melted butter, salt and pepper.

Stuffed Onions.

Large Spanish onions, scoop out the centers, peel and parboil, fill the centers with forcemeat and place in a stewpan; cover with slices of bacon, sprinkle with salt and sugar and cook over a quick fire. When done, remove the onions, reduce the sauce and pour it over them and serve. The forcemeat can be made of chicken, ham, parsley and mushrooms, and some chopped suet, all finely minced together, with pepper and salt to taste.

Baked Spanish Onion.

Take a large onion; wash it clean; take a corer and remove the core and put in its place some butter, pepper and salt, and let it bake with a thin piece of paper round it for an hour, or till done, in a slow oven. When done, peel it and put it into a vegetable dish, and pour over some good brown gravy.

Spanish Onions with Maitre D'Hotel Butter.

Peel the onions, put them in cold water with one teaspoonful of salt, let them boil once, then remove, wash in cold water and put them into the stewpan with plenty of boiling water, boil gently for three hours; when tender, drain them and put on each a bit of maitre d'hotel butter.

Bermuda Onions Fried.

Slice the onions in rather thin slices, keeping them as round as possible, then roll each slice in flour, seasoned with a little pepper, have the frying kettle with very deep hot lard—place the slices of onions in the frying basket, fry the onions quickly so that they will be crisp, brown, and free from fat. Remove from fire after letting the slices drain for a moment, place around a beefsteak, or lamb chops, sprinkle a little salt over the slices. Be sure to serve hot.

Okra.

Boil the young pods in salted, hot water; when cooked, drain and add some butter, pepper and salt.

Method for Drying Parsley.

When drying parsley for house use, cut sprays with long stems, then put some boiling water in a basin and dip the parsley in this for about two minutes. Take out, shake well, and hang up to dry. By this method, parsley will be found to dry much greener than in the ordinary way.

Fried Parsley.

Wash the parsley, dry thoroughly in a cloth, then put in hot, boiling fat and let it remain until crisp; shake from the fat, sprinkle with salt, and use. To *prepare parsley for sprinkling* over any preparations, chop the parsley very fine, wash, drain, place in corner of a clean napkin and squeeze dry, then the parsley will be found very light and dry. Parsley cut fine with the kitchen scissors is a very easy way to prepare it.

Parsnip Balls.

Boil six parsnips, let them get cold, then peel and grate them; beat two eggs until light, mix them with the grated parsnip and one tablespoonful of flour, one teaspoonful of salt, one-half teaspoonful of pepper; make the mixture into small flat balls, have some lard boiling hot, drop the balls into it until they are brown, serve hot with fried parsley.

Parsnips Boiled.

Boil the parsnips, then slice them and put over a dressing of one cup of cream, one tablespoonful of butter, salt and pepper; if cream is not obtainable one cup of sweet milk and two tablespoonfuls of butter mixed with one tablespoonful of flour.

In cooking parsnips the addition of several slices of salt pork will be found to greatly improve them.

Parsnip Fritters.

Take three large parsnips, cook until tender, peel and mash them; add one teaspoonful of flour, one egg well beaten, one teaspoonful of salt; make the mixture into small cakes, and fry on both sides in good butter; pile them on a hot dish and serve.

Green Peas.

If the peas are young and freshly gathered the very best way to cook is to boil them in water, slightly salted; do not cover the saucepan when cooking, drain from the water, add a tablespoonful of butter and a little pepper. A sprig of mint is considered by many a valuable addition. If the peas are a little old, cook them in a little water, add one tablespoonful of butter, a little salt and one teaspoonful of sugar, when served add one tablespoonful of cream or one tablespoonful of butter.

Green peas are easy of digestion and contain a large amount of proteid. Try always to obtain them as freshly gathered as possible, peas brought from a long distance are hardly worth buying, unless required for green pea soup.

Green peas are delicious cooked in butter with the addition of a small onion and one head of cabbage lettuce. You must stew them over a very slow fire. When they are tender and ready to serve, add a very little sugar, a pinch of salt, the yolks of two eggs beaten with one tablespoonful of cream. Before adding the eggs and cream remove the sprig of mint, lettuce and onion. Do not let the eggs cook as the heat in the peas cooks them sufficiently. Do not drain the peas. Add the cream and eggs to the liquor, it is all needed.

Extravagant, perhaps, this matter of cooking peas. Most fine cooking is rather extravagant.

Remember, you remove the lettuce and onion and mint before serving the peas. If you do not have your peas from your own garden, I advise always the addition of a small teaspoonful of sugar to them while cooking. Absolutely fresh gathered peas do not require the sugar.

A German way to cook green peas is to add to them some young carrots, cut in bits as large as the peas. You cook all with a little butter and do not add any water. Keep the stewpan covered. They will cook in their own steam. Season with butter.

Dried Peas.

Wash and pick them over carefully, put into boiling water and let them boil until soft, then drain off the water and put with them a piece of butter the size of an egg, a chopped onion, a little salt and pepper, and stew until the onion is cooked, then serve.

Green Peppers for Winter Use.

Put the peppers on the back of the stove or in a cool oven, turn them until they are cooked enough to crack the skins, then throw them into a bowl of

hot water and with a knife scrape and peel them, cut them open, remove the seeds, rinse in cold water, drain them and pack into glass jars, pour boiling vinegar over them and a little salt, and seal.

Red Peppers to Can.

Select smooth peppers, ripe enough to be eaten; cut out tops and remove the seeds; then plunge into boiling water and let them stand for ten minutes. Then drain; pack carefully in glass jars; fill up the jars with boiling hot vinegar, made rather sweet; seal at once; set in a dark cool place. When needed rinse the peppers in cold water and use as fresh peppers. They can be useful to fill with various preparations, when fresh ones are not obtainable.

Green Peppers Stuffed.

Plunge the peppers into hot water for about five minutes, then remove the skins with a damp cloth, cut off the stem ends, take out all the seeds. Make a stuffing of bread crumbs, some finely minced ham, or some sausage meat, add melted butter, some minced parsley and a little finely minced onion, one teaspoonful salt, fill the peppers, replace the tops and place the peppers in a baking dish. They must be placed upright. To some good stock add a little butter, one wine glass of sherry, one teaspoonful of flour stirred into the stock, pour over the peppers and bake twenty minutes. Fine parsley scattered over the peppers add to their appearance.

Peppers Stuffed with Chicken.

Prepare the peppers as above, fill them with minced chicken, moistened with a white sauce—some bread crumbs, one tablespoonful of melted butter and one-half tablespoonful of onion juice and a little grated nutmeg—then cook as in above recipe.

Stuffed Peppers with Sweetbreads.

Parboil sweetbread, cool, and cut into small cubes; there should be one cupful. Melt two tablespoonfuls of butter, add two tablespoonfuls of flour and pour on gradually, while stirring constantly, half a cupful of chicken stock; then add two tablespoonfuls of heavy cream and one-third of a cupful of mushroom caps broken into small pieces. Season with salt, paprika and Worcestershire sauce. Cut a slice from the stem end of six green peppers, remove the seeds, parboil for fifteen minutes and drain. Cool, fill with sweetbread mixture, cover with buttered crumbs, and bake until the crumbs are brown. Break the stems of mushrooms, add a little cold water, and cook slowly for twenty minutes. Melt two tablespoonfuls of butter, add a few drops of onion-juice and two tablespoonfuls of flour; then pour on gradually, while stirring constantly, the water drained from the mushroom stems and enough chicken stock to make one cupful. Add one-fourth of a cupful of heavy cream, and season with salt and paprika. Arrange the stuffed peppers on a serving dish and pour the sauce around.

Be careful in preparing peppers that you do not touch your hands to your face, especially to your eyes.

Peppers are a wholesome summer vegetable and acceptable with beefsteak, roast beef or chicken.

Potatoes a L'Anna.

Cut up some raw potatoes, very fine, put them in cold water for six hours, then drain them, season with salt and pepper, put them into a well-buttered dish, sprinkle bread crumbs on top, add enough melted butter to cover them; bake in a very hot oven for one-half hour or until they are well browned. If baked in a porcelain dish they can be served in it, a folded napkin being put around the dish, or they can be put on a hot dish.

Potato Balls.

Boil four large potatoes; when hot mash and add to them one tablespoonful of chopped parsley, one egg well beaten, one teaspoonful of salt, one-half teaspoonful of pepper, a little grated nutmeg and a little cayenne. Mix these well together and roll into balls, dip them in beaten egg, then into fine bread or cracker crumbs; be sure the crumbs are fine, and fry in deep boiling fat; drain from the fat and keep hot until served.

Baked Potatoes.

Choose large and smooth potatoes, put them in the oven; when they are half done take each one in a kitchen towel and press it hard; return to oven; bake one hour or until soft.

Cold Boiled Potatoes.

All potatoes that are intended to be boiled and then made into different preparations should be boiled in their skins and not quite cooked, set aside and allowed to get cold in their skins. This plan makes a great difference in the successful preparation of potatoes.

Boiled Potatoes.

Potatoes should be very carefully boiled; and if not used as soon as they are cooked, should be kept hot and dry, by pouring off the water, covering them with a dry cloth, and setting them on the back of the stove. After washing them thoroughly, pare them entirely, or take off one ring around each; if they are new put them over the fire in hot water; if they are old, put them on in cold water; in either case, add a tablespoonful of salt, and boil them fifteen minutes, longer if necessary. If the potatoes are old, add one teaspoonful of sugar while boiling them.

Creamed Potatoes.

Boil some potatoes; when done remove from the fire and beat them until they are soft and creamy, then beat in the yolks of two eggs, a little salt and pepper, one tablespoonful of melted butter and two tablespoonfuls of cream;

lastly, add the whites beaten very stiff; put the mixture in the saucepan and let it become very hot, then serve at once.

Potato Cakes.

One-half pound of flour, one-half pound of mashed potatoes, six eggs, two teaspoonfuls of baking powder, one tablespoonful of sugar, one-half teaspoonful salt. Sift the flour, baking powder, sugar and salt into a bowl, then add the eggs well beaten, then enough sweet milk to make a light batter, lastly add the potatoes, mix well and let all stand for one-half hour before baking, bake on well greased griddle like batter cakes. These cakes are very nice served with afternoon tea.

Stuffed Baked Potatoes.

Wash, and bake as many potatoes, as you will need, when they are done, remove from oven and cut off the top of each potato, remove with a fork all the insides, mash them until free from lumps, season with a little salt and pepper, one tablespoonful of cream, beat until very light, then refill the potato shells, cover with the lids and keep hot until needed. Serve in a napkin.

Baked Potatoes with Butter.

Wash and dry as many potatoes as will be required. It is always well to select them of one size, bake, when done, cut a cross on the side of each potato, turn back the corners, put a lump of butter in each potato with some paprika, or cayenne, fold back the four little lids and serve in a napkin.

New Potatoes Boiled.

Scrape the potatoes, throwing them into cold water until all are ready, then into boiling salted water, when cooked pour over a little melted butter, or hot cream.

Potatoes with Crumbs.

Butter a large shallow dish and spread upon it one quart of cold boiled potatoes, cut into small cubes. Sprinkle with salt and a little pepper and one tablespoonful of minced parsley, then cover all with a pint of cream sauce. To make the cream sauce, melt two tablespoonfuls of butter. When frothy, add one tablespoonful of flour, stir together until quite smooth, then add one pint of milk gradually. As soon as the sauce is thick spread it over the potatoes, put them into the oven until the top is a light brown.

Baked Potatoes with Cheese.

Bake large potatoes until tender; cut off their tops, which keep. Scoop out all the insides of the potatoes, but do not break the skins. Mash the insides with one tablespoonful of butter and a little salt and pepper and two tablespoonfuls of grated cheese. The proper proportion of butter and cheese is about one teaspoonful of each to each potato. Beat the mixture until light, refill the potato skins, put on the tops and reheat them in the oven.

Creamed Potatoes.

Old potatoes are not always easy to prepare in an appetizing manner. Cut the potatoes after they are peeled into small cubes, and let them soak in cold water for an hour, or even longer. This soaking takes out the rank taste the potatoes generally have at the Spring of the year. Drain them from the water and plunge into a good sized stewpan two-thirds full of boiling water well salted. Let them boil for a few minutes, then place on back of stove to simmer only. Make a white sauce in another pan, add a little salt, and stir in the potatoes very gently, so as not to break them. Let all cook very slowly on the back of the stove in a double boiler. Do not stir except to keep them from burning. Just before serving, add one tablespoonful of finely chopped parsley. Serve hot but be careful not to mash the potatoes.

Baked Cream Potatoes.

Take either cold boiled potatoes or raw potatoes and cut into cubes, if raw they must be boiled after cutting and allowed to grow cold before using.

Make a cream sauce, with one tablespoonful of butter and two tablespoonfuls of flour, mixed together and put into skillet with one-half pint of milk or cream, of course cream is the better, let this sauce boil until it begins to thicken, stirring all the while to prevent burning, add two teaspoonfuls of salt, put the sauce mixed with the potatoes into a baking dish, and bake until brown in the oven.

Creamed Potatoes.

Boil the potatoes in their skins, the potatoes should be "soggy" ones as these cream better than "mealy" ones. When cooked pour off the water, cover the potatoes with a cloth, let them cool in their own steam, cook early in the day if required for a late dinner, or the day before if desired for luncheon. When needed, dice them, cover with cream in a double boiler—if milk is used add a large lump of butter, let the potatoes cook very slowly, not covered for two and one-half hours, season with salt and pepper. The success comes from slow cooking.

Potato Croquettes.

Take two cups of mashed potatoes, add to them a few drops of onion juice, the yolks of two eggs well beaten, one teaspoonful of salt, two tablespoonfuls of cream, one tablespoonful of butter, a little cayenne. Stir all these ingredients well together in the saucepan; when hot remove from the fire and let the mixture cool; when cold form into balls, dip these first into beaten eggs, then into very fine cracker or bread crumbs; see that the balls are smooth, place in the ice-box for an hour or more. When required fry them in very hot deep fat. It is best to use the frying basket; when the balls are of a brown color drain from the fat on brown paper. Keep them hot until served.

Potatoes Crumbed.

Peel and boil the potatoes; when they are cooked but not broken, split them in halves, season with salt and pepper, pour over them some melted butter, then dip each piece in browned bread crumbs, place them in a buttered tin and bake for fifteen minutes in a hot oven.

French Fried Potatoes.

Peel the potatoes, cut them in narrow strips, soak in ice water one hour, drain and dry, have ready a kettle of deep lard; when boiling drop in the potatoes a few at a time and let them brown, sprinkle salt over them when they are removed from the fat, drain on wire dish or on filtering paper; serve in a hot dish.

Fried Potatoes.

Take six good potatoes, peel and slice them about one-fourth of an inch in thickness. Have two pans of fat, either clarified beef suet or lard; cook the potatoes in one, for a few minutes, then remove them with a skimmer and put them into the other pan; the fats must be very hot. The potatoes will swell and be much lighter from the double frying.

Potatoes Fried with Parsley.

One pound of potatoes, two ounces of butter, two teaspoonfuls of chopped parsley, pepper and salt. Scrape and boil the potatoes; let them get cold. Put the butter into the frying pan; when melted put in the potatoes and fry a pale gold; add the parsley about five minutes before serving; sprinkle with pepper and salt.

Hashed Brown Potatoes.

Six potatoes cut fine. Take two tablespoonfuls of onions cut fine and one tablespoonful of parsley chopped fine; put these into hot lard and fry them; as soon as the onions commence to brown add the potatoes, stirring all together; press the mixture down on the pan, let it brown, then stir again, so as to mix the crust well; when the potatoes are well mixed with the crust add one tablespoonful of butter; press the potatoes well on the pan so that they will have a good brown crust, turn them out on a platter, the crust side up.

Potatoes a la Maitre D'Hotel.

Wash half a dozen potatoes; boil them in salt and water; when done drain and let them cool. Then peel and cut the potatoes into thick slices; put into a saucepan one and one-half ounces of butter, a little pepper and salt to taste, four tablespoonfuls of good gravy and one tablespoonful of minced parsley, mix all well together; put in the potatoes; shake them well in the sauce to cover them, and when quite hot through, squeeze in one tablespoonful of lemon juice and serve.

Potato Cakes.

Take a tablespoonful of warm mashed potatoes in the palm of your hand, make it into a ball, then with a teaspoon take out the center; fill this cavity

with minced onion and celery, which has been previously cooked tender in butter; add a teaspoonful of grated cheese; cover the cavity with the mashed potato, dip each ball into melted butter and egg, place in a shallow pan and bake in a hot oven until a nice brown. Serve on hot platter; garnish with parsley.

Potato Loaves.

These are to be served with roast beef. Take mashed potatoes and mix them with some finely chopped cooked onions, a little pepper and salt; beat these well and add one tablespoonful of melted butter. Make into little loaves and place in the pan with the roast of beef; the gravy from the beef gives a good flavor to the potato loaves.

Lyonnaise Potatoes.

Two tablespoonfuls of good beef dripping or butter made very hot in the frying pan, when hot add one tablespoonful of minced onion; let this fry until brown, and then put in two cupfuls of cold boiled potatoes cut into small dice; stir well together until the butter is well absorbed, then add one teaspoonful of salt, one-half saltspoonful of pepper and two tablespoonfuls of finely chopped parsley.

Potatoes with Mustard—German.

Boil the potatoes in their jackets. When they are done remove the skins quickly. In the meantime while they are cooking put a good sized piece of butter in the frying pan and let it brown. Add some prepared mustard, stirring it in with the butter till the mixture is smooth. While the potatoes are very hot, pour over them the mustard sauce and serve immediately.

To prepare the mustard—scald four tablespoonfuls of mustard with enough boiling water to make a smooth paste, then put it into the frying pan with the butter.

Mashed Potatoes.

Wash and peel the potatoes, place in kettle in salted water, boil until tender, drain the water from the kettle. Beat the potatoes always beating upwards. When quite soft and free from lumps, add one tablespoonful of butter and a small cup of milk or cream, a little salt and pepper. Serve hot. The secret of having good mashed potatoes is to keep them hot while mashing. Have the milk hot which is added and give a long beating. Smoothing the potatoes after they are placed in the dish makes them heavy, better let the surface be uneven.

Princess Potatoes.

Boil the desired quantity of potatoes; while yet hot, mash them perfectly smooth and spread about half an inch thick on a platter and set aside to cool; when desired to use, cut the mixture into strips an inch wide and two inches long, dip these strips into melted butter and then into well beaten egg, place them on a pan and bake until brown in a hot oven.

Potato Puff.

To two cupfuls of cold mashed potato add two tablespoonfuls of melted butter, beating well together, then add two eggs beaten very light and one teacupful of cream or milk, a little salt and pepper; beat well and put into a baking dish and bake in a quick oven until it is brown; this will be in about fifteen minutes.

Roast Potatoes with Meat.

Have the potatoes of uniform size; peel, wash, clean and lay them in the pan with the meat about one hour before the meat is done. Serve with the roast.

Saratoga Potatoes.

Slice three potatoes as thin as possible, throw them into a bowl of ice water, keep them in the ice water for two or three hours. When ready to use the potatoes, have the kettle of fat very hot; you must have deep fat, at least four inches deep. Dry the potatoes by putting a few at a time in a clean coarse towel, drop them into the boiling fat, a few at a time. Stir, to prevent them from sticking together. The moment they are of a light yellow color, remove with the skimmer; drain on brown paper. These potatoes should never be greasy, and they will not be if the fat is at the right temperature and care is used.

A Swiss Potato Pie.

Choose medium-sized, sound potatoes, and after boiling or steaming, allow them to cool; then cut in slices a quarter of an inch thick, and arrange a single layer at the bottom of a well-buttered pie-dish; sprinkle the potatoes well with salt, pepper, finely-chopped onion, minced parsley, and grated cheese, then cover with a few tablespoonfuls of thick white sauce, and repeat in this order until the dish is sufficiently full, letting sauce form the last addition, except a sprinkling of cheese, which should be added just before putting the pie in the oven; see that the latter is well heated, then, as soon as the pie is thoroughly hot, and colored a golden brown, sprinkle the surface with a mixture of finely chopped parsley and grated hard egg yolk, serve hot, with a few sprigs of parsley around the dish.

Potato Snow.

Have some very mealy potatoes; boil; when cooked, drain and keep them hot; heat the colander and pass the potatoes through; do not crush the snow as it falls into the dish, which must be hot.

Stewed Potatoes—1.

Take cold, boiled potatoes, slice them thinly, place in a shallow but wide saucepan with some butter—for five potatoes two tablespoonfuls; then cover the potatoes with cream or milk; if milk is used add one spoonful of butter, season with salt and white pepper. Let them simmer on the back of the range for two hours; if the cream or milk cooks into the potatoes, leaving them dry, add some more. Serve hot.

Stewed Potatoes—2.

Boil the potatoes in their skins; when almost cooked, remove from the fire; when cold peel them and cut into pieces about the size of dice. Have a large saucepan, broad at the bottom; place in this one-half pound of butter, when melted but not at all brown, stir in the potatoes; season with one teaspoonful of salt and one-half teaspoonful of white pepper; stir the potatoes and butter well together; when thoroughly mixed pour over one pint of good cream in which you have stirred one teaspoonful of flour. Heat all well together and serve.

Potato Souffle.

Pare the potatoes, enough to make one quart when cooked, cut into pieces, cook in hot water, when soft, remove from the kettle, mash them, adding slowly one pint of hot milk, one teaspoonful of salt. When the mixture is very light and smooth, add two tablespoonfuls of melted butter, beat it into the potatoes, then add the yolks of two eggs, beaten until creamy, then let the mixture cool, when cold add the whites of two eggs, beaten to a stiff froth, fold these in carefully, place the mixture into a well buttered pudding dish, one in which the souffle can be served. All souffles must be served at once after they are cooked or failures will result.

Potato Turnovers.

Boil the potatoes; mash and add one-half teacupful of milk, one saltspoonful of salt, one-half tablespoonful of melted butter, one egg well beaten and enough flour to enable you to roll out the potato mixture like pastry; roll it out one-half inch in thickness; cut into oval-shaped pieces; cover one-half of each with some minced cold meat of any kind that you may have, season the meat with a little salt and pepper and a few drops of onion juice; lay over the other half of the potato pastry, pinch the edges together and bake until a light brown in the oven.

Broiled Sweet Potatoes.

Boil the potatoes; when cold, peel them and cut in slices one inch in thickness; dip each in melted butter; put in the double broiler and let them broil until a light brown. Pour a little melted butter over them when cooked.

Baked Sweet Poatoes—1.

Bake them in their skins, having first carefully washed them.

Baked Sweet Potatoes—2.

Parboil the potatoes, when cool remove the skins, slice the potatoes, pour over a little butter and bake in the oven until browned.

Candied Sweet Potatoes—1.

Parboil the sweet potatoes; peel and slice them in pieces about one-half inch thick; grease a shallow earthenware dish, and put in a layer of potatoes; then sprinkle over some sugar and a little cinnamon, and a little melted

butter, then another layer of potatoes, and so on until the dish is full; add lastly a cup of hot water or milk; then add some bits of butter on the top and bake in a slow oven until well browned, and serve on the same dish in which they are baked.

Candied Sweet Potatoes—2.

Cut the cold cooked sweet potatoes into slices about an inch thick; have some melted butter in which you have dissolved a tablespoonful of sugar; dip each slice of potato into this liquid and lay them on a pan; cook them for about fifteen minutes in a hot oven; serve hot.

Potato Straws.

Peel the potatoes, cut them in lengths of about four inches and one-eighth inch in width, throw them into salted water until ready to cook them, then drain well and wipe them dry. Have some deep lard very hot in the kettle, put the potatoes in the frying basket and cook until tender, take from the fat, drain, but do not remove from the basket; in a few minutes put the basket back into the fat, which must be very hot—in fact should be boiling hot—so as to crisp the potatoes. Move the basket a little so they will all cook, they should be very crisp. Remove from fire, sprinkle over some finely minced parsley and a little salt. Serve them around beeksteak or chops.

Pumpkins.

Pumpkins are boiled, or steamed, first cut them in halves, remove the seeds. Cut into smaller pieces, boil until tender, or steam them. When tender, mash them, add a little butter, salt, pepper and a little sugar to season. Serve hot with roast meats.

Spinach.

Spinach the French call "the broom of the stomach." It should always be cooked alone and not with fat pork, which robust appetites seem to consider necessary with many other greens.

The simplest way to cook spinach is to put it into boiling water after it has been *well* washed and all the dry leaves picked off the stalks. Use only a little water to cook the spinach. Don't cover the saucepan while it is cooking. It will take twenty minutes to cook. Drain and chop it fine or rub it through the sieve, return to the pan, add a little butter, salt and pepper and serve hot with either small triangles of fried bread around and over it, or hard boiled eggs cut in thin slices. If convenient a tablespoonful of cream added to the spinach after it has been put through a sieve, is an addition; also a little bit of grated nutmeg.

Spinach is so deceptive to the inexperienced housekeeper, as it shrinks wonderfully when put into hot water, for five persons at least one peck of spinach is required. It must be picked over carefully, and the last water strongly salted, this will kill any insects remaining after the previous wash-

ing. To cook spinach so as to preserve all its valuable properties, have the kettle dry, place the spinach in it, as the kettle becomes hot, the juice will run from the spinach, then add one-half teaspoonful of soda dissolved in a tablespoonful of warm water, this will preserve the green color of the spinach. Remember always to cook spinach uncovered, stir the spinach at first to prevent scorching.

Spinach Puree—1.

Take three quarts of fresh spinach, wash it very carefully, pick it from the stalks and put into a saucepan with a very little cold water to which add one teaspoonful of salt and one pinch of soda. Do not cover the pan, cook for ten minutes, or a little longer. Take from the fire, drain, and rinse with water, rub it through a coarse sieve or chop it very fine. After this put it into a pan, with one tablespoonful of butter and one tablespoonful of flour made into a soft paste with some of the water in which the spinach was boiled; stir well, or until the mixture is smooth, then add two tablespoonfuls of cream, one saltspoonful of grated nutmeg, stir until very hot. Serve around sweetbreads.

Spinach cooked in the same way, omitting the cream and garnished with hard boiled eggs, is a most healthful and delicious vegetable. Remember that spinach is one of the few vegetables that can be reheated day after day and be all the better for it.

Spinach—2.

Cook as Spinach No. 1, then fry one tablespoonful of onion chopped fine, add one tablespoonful of cream or milk, one tablespoonful of butter, salt and pepper. Stir well together and reheat.

Salsify Boiled.

One bundle of salsify, one-half pint of cream, pepper and salt, one lemon, one ounce of butter. Scrape the roots very gently to get off the outer skin and quickly throw them into vinegar and water or they will become black. Boil them in enough salted water to cover them; drain, add the butter, the juice of the lemon, pepper and salt, and allow to boil till tender. Boil the cream, add to it one gill of the water used for boiling the salsify; pour over the vegetables and serve.

Succotash.

Boil one quart of lima beans, until tender. Cut off the corn from as many ears of corn as will be required. Put in the stewpan a pound of good salt pork, cut into small pieces, boil for fifteen minutes, turn off that water, add fresh boiling water, put in the corn and beans with the pork, add a little salt and pepper. When the corn is cooked, add one cup of milk or cream, one tablespoonful of butter with one tablespoonful of flour blended with it and stir this into the succotash until cooked. Only use enough water to thoroughly cook the corn.

Salsify Cakes.

Scrape the roots thoroughly and let them lay in cold water for ten minutes, then boil them until tender, drain and mash them to a smooth paste, add a little milk, one tablespoonful of melted butter, one egg beaten light; mix well together, add a little salt and pepper. Make into small flat cakes, roll these in flour and fry in a pan with a little butter.

To Prepare Sauerkraut.

Select firm, white cabbages, leave out the outer leaves and stalks, begin at the top of the head to cut across in narrow strips, using a large knife; have a small oak barrel or pickling jar or tub, cover the bottom with clean cabbage leaves, throw in the cabbage as fast as it is shredded, sprinkle with salt; stamp it down hard with a club; when all is closely packed, strew more salt on top, cover with some cabbage leaves and then with a clean linen cloth. Put on a cover that will fit closely and on this a heavy stone.

Do not put the kraut in too cool a place or fermentation will not begin. When it has begun small white globules will form on the brine, which should appear in two or three days; if they do not, boil some salt and water, cool and pour over the cabbage.

A large handful of salt is enough to a firkin of cut cabbage; too much salt prevents fermentation. In two weeks the cloth over the kraut must be taken off and washed and the leaves renewed, then cover again—the washing of the cloth must be done every week.

In three weeks it will be ready for use, and will keep good for a year.

Sauerkraut Cooked.

One tablespoonful of butter, melt this in a saucepan, then put in half as much sauerkraut as needed, and a piece of pork, bacon, ham or sausage; lay over this the rest of the kraut, put in a glass of vinegar; a little water; cover all closely and stew gently until the kraut is soft and yellow; remove the meat when it is done; dredge in a little flour; cook one-half hour longer; put back the meat to heat thoroughly; stir the kraut and serve.

Sauerkraut is equally good warmed over, and it should be cooked three hours the first time. A little onion can be added if liked.

Summer Squash Stewed.

Cut the squash into four pieces, place in a steamer over boiling water, steam for forty-five minutes, or until the squash is tender. Serve with a little melted butter, season with salt and pepper, or else mash through the colander, and then add a little butter, salt and pepper.

Summer Squash.

Peel them, unless they are very young and tender, take out the seeds and boil until tender, drain and mash soft and smooth, add two teaspoonfuls of butter, one tablespoonful of cream, some salt and pepper, and serve hot.

Summer Squash Fried.

Cut the squash into slices one-fourth of an inch in thickness, dip these into flour well seasoned with salt and pepper, fry in hot butter or good fresh beef dripping until brown.

Winter Squash.

Pare the squash, take out the seeds, cut into pieces and cook until tender, drain and press through the colander, add one tablespoonful of butter, some salt and pepper—always let the squash lie in cold water an hour before cooking.

Squash Griddle Cakes.

One egg, one pint of milk, one and one-half cups of squash, boiled and strained, one pinch of salt, flour enough to make a batter, add one-half teaspoonful of soda, bake on greased griddle.

Tomato Aspic.

One pint of tomatoes, one-fourth of bay leaf, one teaspoonful salt, one-half teaspoonful pepper, one teaspoonful onion juice. Dissolve in two tablespoonfuls of cold water, one-fourth box of gelatine, let it stand half an hour, let the tomatoes boil for fifteen minutes, strain through fine sieve, cool a little and add the gelatine, strain it before adding to the tomatoes. Pour into small cups or into a mold. Let it harden. When ready to use turn the jelly out on lettuce leaves and pour over some stiff mayonnaise. Sprinkle over some finely cut parsley.

Tomato Bisque.

One-half cupful of chopped onion, one-half cupful of chopped carrot, one-half cupful of chopped celery, one quart of water. Cook these together for fifteen minutes, then drain off the water. Melt one tablespoonful of butter in a saucepan, add the vegetables, cover them and cook fifteen minutes, stirring frequently. Add one cupful of tomatoes and two quarts of boiling water. Let all cook for fifteen minutes, then add two tablespoonfuls of flour mixed soft with a little cold water, one teaspoonful salt and a little pepper, cook five minutes then rub the vegetables through a sieve and put the yolks of two eggs into one-half cupful of cream and add these to the vegetables and stock and stir for a few minutes, then add two tablespoonfuls of cooked macaroni, cut into small pieces. Serve hot.

Tomatoes Stuffed with Brains.

Take ripe tomatoes; remove the core and seeds, season the insides with a little salt and pepper.

Put one tablespoonful of butter mixed with one tablespoonful of flour in the saucepan; when hot and smooth add one tablespoonful of cream, a little cayenne and one teacup of sheep's or calf's brains, which have been cooked and cut into fine pieces; mix well together and then stuff the tomatoes with this mixture; put some bread crumbs on the top and bake for fifteen min-

utes in a brisk oven. Serve the tomatoes on rounds of fried bread; garnish with watercress or parsley.

Tomatoes with Chicken.

Remove the core and seeds from the tomatoes, season the inside with a little olive oil and tarragon vinegar, minced onion and salt. Chop some cold chicken very fine, season with cayenne and salt, one tablespoonful of cream and one teaspoonful of melted butter mixed well together, fill the tomatoes, put a few bread crumbs on the top and a bit of butter. Bake in a hot oven for fifteen minutes and serve on lettuce leaves.

Devilled Tomatoes.

Cut three large, firm tomatoes in slices one-half inch thick. Make a mixture of one tablespoonful of butter, one tablespoonful of vinegar, the yolk of one hard boiled egg, one teaspoonful of sugar, one teaspoonful of mustard, one teaspoonful of salt, one-half teaspoonful of pepper; beat this mixture until it is smooth, then heat it to the boiling point, no longer; take from the fire and pour it over one egg which has been well beaten, put this over a tin containing hot water while you broil the tomatoes, then put the tomatoes on a hot dish and pour over them the dressing.

Fried Tomatoes.

Four large tomatoes, do not peel them, cut them in four pieces, then dip them in flour, fry them in butter or beef drippings, until they are brown and cooked, then take from the pan and place on a platter and put into the oven, while you prepare the dressing. Put one cup of sweet cream, a little salt and pepper and one tablespoonful of flour into the pan in which the tomatoes were fried; stir until it thickens then strain over the tomatoes; serve.

Tomato au Gratin.

Cut some ripe tomatoes in slices, place them in a china baking dish in layers with some chopped onions and bread crumbs, pepper and salt, and a little gravy between each layer; cover the top with a layer of bread crumbs, and a few lumps of butter. Bake for about thirty minutes.

Tomatoes with Eggs.

Dip as many round smooth tomatoes as required in boiling water for an instant, peel off the skins, cut off a slice from the top of each and take out the seeds and enough of the insides to allow one raw egg in each tomato, put a little piece of butter on the eggs, a little salt and pepper, put on the slice cut off. Place the tomatoes in a saucepan with a little butter and let them cook eight minutes. Serve on hot buttered toast.

Tomatoes with Poached Eggs.

Stew one pint of fresh tomatoes or one-half can of them, season well with butter, salt and pepper. Trim off the crusts from slices of bread, toast them and butter while hot, or fry them in butter. Poach as many eggs as

will be required, place an egg on each slice of bread, pour over them the tomato sauce, garnish with sprigs of parsley.

Green Tomatoes Fried.

Green tomatoes can be fried as well as ripe ones. They are very good with beefsteak.

Cut them in thick slices, boil for about fifteen minutes in salted water, or until tender, drain and serve with a cream sauce.

Tomato Paste.

One peck of ripe tomatoes, two large onions, one bunch of celery, cut into pieces, leaves and stalks, three sprigs of parsley, two cloves, four pepper corns.

Cut these in pieces, cook very slowly, until every vegetable is soft enough to press through a sieve or vegetable press. When all are cooked, press, return juice to the fire and cook again slowly until a little, when cooled, will be thick. Spread the paste on plates about half an inch thick and dry in a cool oven, or in the sun—the process is slow. It must be very dry before packing away in wide-mouth jars. When required, take a small piece of the paste, dissolve it in a little water, then put into a sauce if required to flavor a sauce, or into a soup. To make the sauce, take one tablespoonful of flour and one of butter cooked together until frothy, then add the dissolved paste. It is useful when a tomato flavor is desired and a whole can would be wasted if opened just for the small amount required.

Tomatoes with Rice.

Cut three slices of salt pork into small pieces, fry until brown in the frying pan, remove the pork and add one chopped onion, cook five minutes, then pour in one quart of stewed tomatoes, and one teaspoonful of salt; when the mixture is boiling, add one pint of cooked rice, and a little cayenne.

Stewed Tomatoes.

Pour boiling water over the tomatoes, if fresh ones are used to remove the skins; cut the tomatoes into pieces; stew for thirty minutes, then add one tablespoonful of butter and a little salt and pepper and one small pinch of soda.

Tomatoes.

Tomatoes are a great help to housekeepers, for they are almost as good when well canned as when fresh.

Broiled Tomatoes.

Broiled, they are a very nice breakfast dish. After paring and slicing the tomatoes, dip the slices in beaten egg and then in cracker meal. Broil over clear coals for about eight minutes, turning them once. Put them on a hot dish with a little butter on each slice, season with salt and pepper.

To Can Tomatoes.

Peel the tomatoes by filling a wire basket, dip it quickly into boiling water, remove and place in cold water, you can then remove the skins easily and without burning your hands. Peel as many tomatoes as are desired for winter use—always buy the tomatoes early—do not wait until they have greatly fallen in price for they are sure then to be acid. Have your glass jars absolutely clean—scalded the last thing before filling with the tomatoes, fill full to the top, place the jars in a wash boiler, place a little straw on the bottom, fill in some water and cover the boiler, let them cook one hour, then place the rubbers on each jar, fill in the jars if any tomatoes have boiled away, put on covers quickly, turn upside down to see if there are leaks next day. Pour melted paraffine over the tops, put into a cool dark place.

To Can Tomatoes Whole.

Remove the skins by plunging the tomatoes into boiling water then into cold, the skins will come off readily. Fill your glass jars, be sure to select wide-mouth jars; see that they are absolutely clean, then proceed as for canning tomatoes. If care is taken, the tomatoes will fry nicely when needed, and can also be used for salads.

Stuffed Tomatoes.

Select firm, round tomatoes, cut a lid from the top; scoop out all the seeds and much of the inside of the tomatoes; make a filling of one cup of bread crumbs, one tablespoonful of melted butter, one saltspoonful of salt, a little cayenne, one-half teaspoonful of sweet herbs. Mix well together and fill the tomatoes, bake for one-half hour and serve. Use the tomatoes which were left for a tomato sauce.

Turnips Stewed in Butter.

Take some young turnips, wash and dry them, pare and slice them half an inch thick, and divide them into dice. Now melt one ounce of butter for each half pound of turnips, and stew them gently in this for nearly an hour. When half cooked, add salt and white pepper and one teaspoonful of sugar. These can be served by themselves or dished up in the center of an entree.

Turnips with Bread Crumbs.

Prepare as for "turnips and peas," fill the turnip cups with bread crumbs, which have been soaked in cream, and seasoned with salt and pepper.

Turnips Stewed in Gravy.

Wash and peel the turnips, cut them in thin slices, boil for five minutes in boiling water, then drain off the water, and put over the turnips one pint of stock or gravy and one teaspoonful of sugar, one saltspoonful of salt, a little pepper, and boil together until the turnips are tender. Serve hot.

Turnips Mashed.

Wash and peel the turnips, cook in boiling water until tender, then mash them through a colander, return to the stewpan and add one-fourth teacup

of milk, one tablespoonful of butter, one saltspoonful of salt, a little pepper, one teaspoonful sugar; stir together until hot and serve.

Turnips and Peas.

Boil the turnips, which should be the white ones, until tender in salted water, then take from the fire, place for five minutes in cold water; when cool scoop out the inside, leaving cups of the turnips; fill the cups with green peas which have been boiled, seasoned with a little salt and pepper, and a tablespoonful of cream; reheat the turnip-cups, add a little butter to the peas, fill the cups and serve.

In cooking turnips always add two lumps or one teaspoonful of sugar to the water; the sugar will correct the bitterness which sometimes spoils this excellent vegetable.

Vegetable Marrow (Boston Squash) Boiled.

Take the marrow, peel and remove the seed part, cut into pieces about two inches wide, cook these in boiling slightly salted water until they are tender, which will take fifteen minutes, then drain and place on slices of buttered toast and pour over melted butter seasoned with salt and pepper.

Vegetable Marrow Stuffed.

Peel the marrow carefully, cut off a slice at the ends and scoop out the insides. Cook the marrow slowly fifteen minutes in a stewpan with plenty of boiling, salted water, remove carefully and place in a basin and cover with cold water. Then mix together two tablespoonfuls of cold chicken or veal pounded smooth in the mortar and one tablespoonful of thick cream sauce, two raw yolks of eggs, a little cayenne; drain the marrow, stuff with this mixture, roll in flour, then into beaten egg, then into bread crumbs and fry in boiling fat until a light brown color. Serve hot, garnished with parsley.

To Can Tomatoes Whole.

Select medium sized perfect tomatoes, place them on tins, heat in oven for a few minutes, or until they feel *hot* to the touch, then put them into large mouth, well sterilized and hot jars, which fill with *boiling water* and seal at once.

To Can Tomatoes Whole.

Select perfect medium sized tomatoes, that will fit into Economy jars, pour boiling water over them, then remove the skin as rapidly as possible, thoroughly sterilize the jars, fill them with the tomatoes, then fill up the jars with cold water. Place on bottom of large kettle some straw, or old plates, place the jars on them and fill the kettle three-fourths the depth of the jars with cold water, bring it to boiling and boil five minutes, then fasten the tops securely and let the tomatoes boil for fifteen minutes, remove from the kettle—if the tops are tightly on you are assured of a perfect result. The tomatoes can be used whole or sliced or fried.

Cocktails.

Clover Club.

The white of one egg beaten—juice one-half lemon.
One-half tablespoonful of strawberry syrup.
One-half small spoon sugar.
One jigger gin.
Shake well, strain and stir.

Bronx Cocktail.

One-quarter of French Vermouth.
One-quarter of Italian Vermouth.
One-half dry gin.
Two slices fresh orange.
Shake well, strain, serve in cocktail glasses.

Brandy Cocktail.

Two dashes of bitters.
Two dashes of syrup.
Two dashes of maraschino.
One dash anisette.
Seven-eighths jigger brandy; some lemon peel. Stir well—strain—serve in cocktail glass.

Martini Cocktail.

Two dashes orange bitters.
Two-thirds gin.
One-third Italian Vermouth.
Shake well, strain into glass.

Beverages.

Bacon wrote that "in Turkey they use a bean, called coffee, which comforteth the brain and heart and helpeth digestion."

There are now so many different kinds of percolators on the market, that no one has any excuse for serving poorly made coffee. Coffee is too frequently adulterated with chicory and various cereals, it is safer to purchase it in the berry, or in the green berry and have it roasted at home; this is strongly objected to by modern cooks, but it is really the best way. With the various filters and percolators come the correct directions for using, and I advise their general use.

Boiled Coffee for Five Persons.

One cup of coffee before being ground, half egg, two quarts of boiling water. Beat one egg with two tablespoonfuls of cold water. Grind the coffee, put one-half the egg on the grounds, then wet it thoroughly so that every grain will be wet. Pour the boiling water on, boil about five minutes after it comes to a boil. The other half of the egg will answer for the next coffee.

Note.—Put all the water on the coffee that is required, as it spoils the coffee to add water after. The water should be perfectly fresh and the coffee should be used as soon as it is boiled.

The coffee should be placed on the hottest part of the range, or gas stove, so that it will boil as quickly as possible, watching it constantly that it may not boil over.

The coffee pot should never be washed with soap or a dishcloth, simply rinse it out thoroughly with cold water, then with boiling water, turn the coffee pot upside down to dry; never use a towel to dry it.

Use always a wooden spoon or ladle, rinse and dry as soon as you are through with the coffee pot which should never stand with coffee in it.

Chocolate.

To one quart of boiling milk take four ounces of chocolate; put the chocolate into a small pan on the fire, add three tablespoonfuls of cold water; stir together until the chocolate is thick and smooth, then stir it into the boiling milk; add three tablespoonfuls of sugar. Stir for five minutes and serve hot. If desired, put on the top of each cup one spoonful of whipped cream. One teaspoonful of sherry to each cup greatly improves the chocolate. If the plain chocolate is used put in one teaspoonful of vanilla extract if liked, or one tablespoonful of brandy in place of the sherry.

Cold Chocolate to Serve in Summer.

Take one-half pound of the best chocolate, dissolve it in one-half pint of boiling water in the double boiler over the fire; as soon as the chocolate is melted to a paste, add two cupfuls of milk and boil all for a few minutes; then pour the mixture on the yolks of five eggs beaten until very light, put back on the stove and stir until it boils; take off quickly and let it cool, then place on ice until needed.

Filtered Coffee.

Allow one and one-half tablespoonfuls of coffee to each person. Put the coffee into the filter and pour over the boiling water slowly, allowing one cupful of water for each person; after all the water has gone through the coffee, pour it all through the second time. For filtered coffee the berries must be ground very fine.

Cocoa.

Full directions come with all the various preparations offered for sale, only it is well to boil the cocoa for a much longer time than these directions say. Cocoa made with water is best when the boiling is for a long time, for a long boiling gives smoothness and richness to the preparation. Add hot milk at the time for serving. Or it can be made with all milk.

"Very Best Egg-Nog."

Eighteen eggs; beat the yolks very smooth with enough sugar to make the mixture sweet; add very slowly in a thin stream one pint of brandy and one pint of Jamaica rum; then add two quarts of rich cream, then the whites of the eggs beaten until stiff, with enough sugar to make them quite sweet; put the whites on top of the mixture and serve.

Xmas Egg-Nog.

One pound of sugar, twelve eggs, one quart of whipped cream, one nutmeg grated, one pint of brandy. Beat the yolks and sugar together until very light, then add the whites beaten stiff, then add the whipped cream, and lastly all the brandy, drop by drop as oil is used in making mayonnaise dressing; this way of adding the brandy will be found a great improvement over the old way of pouring it into the mixture.

Egg Lemonade.

Break one egg into a glass, rub two lumps of sugar on the rind of a lemon, put into the glass; squeeze the lemon juice over the sugar, half fill the glass with powdered ice, fill to the top with cold water, shake vigorously with a shaker, then grate a little nutmeg on the top.

Philadelphia Fish House Punch.

One quart of brandy, two quarts of Jamaica rum, one gill of peach brandy, one quart of lemon juice, five pounds of loaf sugar (dissolved); add the lemon juice to the sugar and then pour in the mixture of spirits; nine pounds of water and ice. For forty people.

Fruit Punch.

This punch is served in small glasses either before a luncheon or during a dinner after the roast. Any fresh fruits can be used—strawberries mixed with raspberries, cherries, pineapple cut in small slices, white grapes cut in halves with the seeds removed. Boil together a cupful of rum and two cupfuls of sugar. As soon as the syrup boils, pour it over the fruits and let all become cold, then fill the glasses and place on the ice—or place in a can and pack in ice and salt. Serve very cold.

"Good Lemonade."

For a quart of good lemonade take the juice of three lemons, using the rind of one. Peel the rind very thin, getting just the yellow outside; cut this into pieces and put with the juice and powdered sugar, of which use two ounces to the quart, in a jug or jar with a cover; when the water is just at the boiling point pour it over the lemon and sugar, cover at once and place on ice.

Calcutta Lemonade.

This lemonade is almost equal to liquor in richness. Pare thinly two dozen lemons and squeeze the juice on the peel; let this remain twelve hours, then add two pounds of granulated sugar, a quart of sherry, three quarts of boiling milk. Let it strain through a flannel jelly bag, and serve with chopped ice.

Chablis or Claret Cup.

One lemon; cut off the peel very thinly, twelve lumps of sugar, two wine glasses of sherry, one quart of chablis or claret; stir these well together and then place on the ice; just before serving add two bottles of soda.

Creme de Menthe.

Fill a bottle with sprigs of fresh mint, add the juice of two lemons and a pint of brandy; let these stand for one week, then add a syrup made with three ounces of rock candy. Bottle and seal until required.

Shandy Gaff.

One bottle of ale made very cold, with one bottle of ginger ale; mix together and serve cold and quickly.

Grape Juice Mead.

Two quarts of grape juice, twelve lemons, six oranges, one quart of American champagne, two quarts soda or Apollinaris, two cups of lump sugar; rub some of the lumps of the sugar over the oranges and lemons, mix the juice of the lemons, oranges and grape juice well together with the sugar, then strain through a jelly bag; just before serving, add the champagne or soda. Put large lumps of ice in the pitcher and serve in glasses. If the champagne is objected to, leave it out.

Ginger Cordial.

One ounce of green ginger, one ounce of rock candy; melt the candy, put with it the ginger, rub in small pieces, and add one quart of brandy; put into a bottle and let it stand for one month, then strain and bottle.

Milk Punch.

Eighteen lemons, cut off the rind and steep them for two days in one gallon of brandy or rum; then strain and add two nutmegs grated, three pounds of loaf sugar, two quarts of boiling milk, four quarts of cold water and the juice of the lemons. Stir all these very well and strain through a flannel bag. Add the boiling milk last; bottle and cork tightly.

Imperial Pineapple Punch.

Slice a pineapple very thin, peel four large oranges (take off all the white pulp) and separate them into eighths. Put pineapple and oranges into a large bowl, add twelve ounces of sugar, eight ounces of lemon juice (the juice of four lemons), four drops each of essence of lemon, cinnamon and vanilla, pour over one quart of boiling water, let it stand until cool, then add one pint of Jamaica rum, one-half pint of arrack, one bottle hock, one wine glass chartreuse; add, just before serving, one bottle of champagne and one bottle of seltzer.

Rum Punch.

One quart of rum, one ounce of Young Hyson tea, two quarts of water, twelve lemons, juice and grated rind of nine, sweeten to taste; steep the tea, pour into the mixture and bottle; when needed, pound a quantity of ice very fine, put into the punch bowl, or into small glasses and pour the punch over. Replenish from the bottle, do not pour all into the punch bowl; make the mixture rather sweet.

Very Good Punch.

Two pounds of loaf sugar, two cups of strong black tea, six wine glasses of brandy, six wine glasses of rum, four oranges, juice only, two bottles of champagne, mix well together; this amount makes two gallons of punch—add pounded ice, when ready to serve.

Hot Punch.

Twelve eggs, four pounds of sugar, two quarts of sherry, one pint of water, one stick of cinnamon in the wine; beat the eggs and sugar together; boil the wine and water, stir in the eggs and sugar quickly and serve hot.

West Point Punch.

One goblet of brandy, one goblet of Jamaica rum, one teacupful of green tea, eight tablespoonfuls of currant jelly mixed with the hot tea, one goblet of white sugar, the juice of four lemons, four lemons cut in thin slices, one pineapple cut in thin slices, two quarts of champagne, one teacupful of Curacoa, plenty of pounded ice; mix well, let the punch ripen for an hour before adding the ice.

Siberian Punch.

One quart of thick cream, one-half pint of fine sugar, two whites of eggs, one-half tablespoonful of cornstarch. Let cream come to boiling point; mix eggs, sugar and cornstarch together, then turn all slowly into the boiling cream until cooked, then cool, then freeze, add one quart of brandy when partly frozen. This will serve ten portions.

To Make Tea.

The water must be freshly boiled. Pour some hot water into the teapot, then pour it out and put in one teaspoonful of tea for each cup and one over, pour over the boiling water, let the tea steep for five minutes. It must not boil. For afternoon tea served with lemon, Formosa Oolong is the best.

Tea.

In the place of the slices of lemon, a little bit of vanilla bean or a few drops of orange-flower water may be added to the water.

Tea Punch—1.

One quart of green tea, juice of twelve lemons, four oranges; one small bottle of imported orange-flower water, one quart of Santa Cruz rum, one small tumbler of Maraschino, twelve bottles of club soda, sugar to taste, slices of oranges, lemons and other fruits in season.

Tea Punch—2. Baltimore.

Two quarts of Jamaica rum, twelve lemons, three pounds of pulverized sugar, two cups of green tea. Cut the rind of the lemons as thinly as possible, string all on long string and soak in the rum for twelve hours. Steep tea, pour it over the sugar and lemon juice, then add the rum, remove lemon skins. Just before serving fill up the punch bowl with powdered ice and pour over the mixture.

Tea Punch—3.

Mix one pound of loaf sugar, one cup of green tea, three wine glasses of brandy, three wine glasses of rum, three lemons, one bottle of champagne. Fill the glasses with powdered ice and pour over the punch.

Russian Tea.

Make the tea according to the directions given; serve with sugar and slices of lemon. The samovar used in Russia for tea is for boiling the water, which is poured over the tea in the usual teapot.

Orangeade.

Add to three cupfuls of orange juice, the juice of two lemons; add enough sugar to make as sweet as desired or, better, make a syrup as directed elsewhere and add two cupfuls of it.

A Dutch Liqueur.

Put three pounds of rock candy into three quarts of good brandy or whiskey, brandy is preferable, then add six ounces of whole cloves, one-

fourth pound of stick cinnamon, one-half pound of chopped orange or tangerine peel and one-fourth pound of whole ginger, two pounds white sugar; put all into a large jar and shake it every day for a month, then strain through a fine muslin and bottle.

Ice Cold Tea.

Make a syrup with one quart of water in which dissolve one pound of white sugar; stir well and when the sugar has melted, boil it in a perfectly clean kettle or pan until it begins to spin when a little is dropped from a spoon; then put the syrup in a glass jar; it will keep perfectly. Use this syrup to sweeten your tea. Make as much tea as will be needed, allowing one teaspoonful of tea for each cup. Have fresh boiling water, pour over the tea, let stand five minutes, strain into a pitcher, sweeten and put on the ice, after it has cooled. When needed, have slices of lemon cut very thin and serve in each cup. Add the syrup, which gives a smoothness to the tea, which the lumps do not give.

Maraschino.

Bruise twelve cherry kernels, put them into a glass jar holding two quarts, add the grated rind of three oranges and two lemons, make a syrup with two pounds of sugar and one pint of water, boil it until the syrup is thick, then put it into the jar with two quarts of gin, stir the mixture well, leave it for a day, then strain and bottle; it will be ready for use in two weeks.

Peach Brandy.

Put six large peaches sliced in one quart of brandy, put the kernels from the peach stones; add three ounces of rock candy, let these stand for six weeks, then strain and bottle.

Orange Brandy.

Two quarts of good brandy, three-quarters of a pint of fresh orange juice strained, one pound white sugar. Peel the rinds from the oranges very thinly, add them to the brandy, the orange juice and sugar; mix together and cover closely for five days, occasionally stirring; then strain and bottle. This will keep for years.

Lemon Brandy.

Prepare as for orange brandy, substituting lemons.

Virginia Mint Julep.

Put in a long glass, or silver mug one tablespoonful of syrup, made by boiling sugar in a little water, strained and kept for this purpose, then put in an ordinary whiskey tumbler full of whiskey or brandy and fill up the long glass with crushed ice, sticking on top of the ice a bunch of freshly gathered mint. Have the glass dry on the outside when the ice is put in, then put aside for a few minutes so that the frost will gather on the outside. Where a luxuriant bed of mint is seen growing in Virginia it is said: "There lies buried a good Virginian."

Sauces.

Without perfect cleanliness, good wholesome cookery is absolutely impossible, and this can only be obtained by constant oversight of all utensils used in the preparation of food.

Sauces.

Sauces should be prepared with great care, as they are most important adjuncts to the proper serving of the various dishes.

Attention should be paid to serving the right sauce adapted to the dish, so that both will harmonize and each improve the other. On careful study it will be found that few sauces are expensive, but their value is great.

Let no one flavor predominate. Use Worcestershire Sauce very *sparingly,* too often it is used to hide something not quite right in cooking,—also use bay leaves carefully. The French call two sauces, "White Sauce" and "Brown Sauce," the mother of all others.

Algonquin Sauce for Chops or Steak.

Two onions chopped fine, three green peppers chopped fine, seeds removed, cook these in one-fourth of a pound of butter, when they are tender, add one pound of fresh mushrooms chopped, or one teaspoonful of mushroom catsup; cook ten minutes longer, then add one claret glassful of sherry and one large spoonful of glaze or strong stock, and cook five minutes; when ready to serve, sprinkle in one tablespoonful of parsley chopped fine.

Making Gravies.

The very best manner to blend the fat and flour is to heat the fat then add the flour and cook the two together, afterwards to add the liquid, this will avoid lumps. In making brown gravies the longer cooking of the fat and flour results in a dark brown color and this is specially desirable for dark gravies, also greatly adding to the flavor of the gravy. Try never to serve the poor whitey-brown gravies often seen. They are not only without flavor, but are decidedly unappetizing.

Flavorings for Gravies, Etc.

Carrots, garlic, green peppers, turnips, tomatoes, celery tops and roots, parsley, savory, thyme, sweet marjoram, lemon rind, capers, pickles, olives, currant jelly, cloves, red peppers, chillies, celery salt, salt, butter, leeks, nutmeg, meat, some meat extracts, bay leaves,—are all used, with others. Care should be shown in not making any flavor too pronounced. Bay leaves must be used sparingly, one-half of a small leaf will flavor sufficiently. Sherry should be added at the last, as boiling gives it a bitter taste.

Anchovy Sauce.

One tablespoonful of butter, one-half tablespoonful of flour, mix them well together and add two tablespoonfuls of cold water, put into the saucepan and stir constantly on the fire until the sauce thickens and boils; then take from the stove and add one and one-half teaspoonfuls of Anchovy essence, stir this well and add six drops of Chili or cider vinegar.

Anchovy Cream Sauce to Serve with Boiled Cod.

Melt two tablespoonfuls of butter in a saucepan. When hot add two tablespoonfuls of flour. Stir well, when thick add one-half pint of the water in which the cod was boiled, season with salt, a little cayenne, one teaspoonful lemon juice, one dessertspoonful of essence of anchovy. Stir well together until it boils, then add one wine glass of cream. Strain through a sieve, serve hot. A few drops of carmine improves the color of the sauce. Pure vegetable colorings can be purchased and are harmless. The cream can be whipped before it is added to the sauce. It must not boil and must be very stiffly whipped.

Apple Sauce to Serve with Duck.

Six or more good sized apples, peel, core and quarter, throw into cold water while preparing. When all are ready, put into porcelain lined kettle and add a little of the water, cover closely and cook until soft, then put through a sieve, add one teaspoonful salt and two tablespoonfuls of sugar and one teaspoonful of butter. Stir well, serve either hot or cold. If the sauce is desired to serve for dessert, add more sugar.

Butter Sauce for Asparagus—Holland.

This most excellent sauce is one obtained from a Dutch housekeeper in Holland and is always served there with asparagus and with cauliflower.

Tie the asparagus into bunches, cut the lengths equal and boil, standing the tops upward in a deep saucepan. The steam will cook the tops and by this method the other parts can be cooked long enough to render them very tender without spoiling the green tops. For the sauce, put in a bowl two tablespoonfuls of boiling water, add one-half pound of butter and beat together until thick cream. Add one saltspoonful of salt and serve in a sauce boat. Have enough hard boiled eggs to allow one-half an egg for each person. Rub the yolks well into the sauce. If you have any asparagus left, serve it the next day, with the remainder of the sauce to which add one tablespoonful of vinegar.

Sauce for Asparagus or Cauliflower.

Two tablespoonfuls of flour, one tablespoonful of butter, one tablespoonful of sour cream. Mix all well together, then add one tablespoonful of cold water, put over a slow fire and let all come to a boil; then add a little water from the asparagus or cauliflower to thin if necessary. Just before serving, add yolk of one egg well beaten.

Bechamel Sauce—1.

Four onions, cut them and boil with one small slice of ham, either raw or cooked, four peppercorns and two tablespoonfuls of butter. Cover all closely and steam until soft; be careful the sauce does not burn or color. When the onions are tender add one tablespoonful of flour mixed with one tablespoonful of cream, one cup of white sauce or good white stock. Cook five minutes; strain, add one saltspoonful of salt and a little white pepper and serve hot.

Bechamel Sauce—2.

Put in a small double boiler two-thirds of a pint of milk, add to it one sprig of parsley, one-half a bay leaf, one onion, two stalks of celery, a little cayenne, one teaspoonful salt and one teaspoonful lemon juice, let these simmer together. Put two tablespoonfuls of butter in saucepan and when melted add two tablespoonfuls of flour, stir together briskly for five minutes, strain the hot milk into this, stir well so no lumps remain. The milk must be added gradually and the top part of the boiler taken from the fire while each portion of milk is added and well stirred each time, this insures a sauce free from lumps, then boil for five minutes.

Bearnaise Sauce—1.

Add the yolks of five eggs to one tablespoonful of melted butter, one saltspoonful of salt, a pinch of pepper; put all into the saucepan and stir until the yolks begin to thicken, then take from the fire and add another tablespoonful of butter; then stir again over the fire; then add another tablespoonful of butter and one teaspoonful of tarragon vinegar. The sauce should be rather thick.

Bearnaise Sauce—2.

The yolks of four eggs, four tablespoonfuls of olive oil, four tablespoonfuls of hot water, one tablespoonful of tarragon vinegar. Beat the eggs lightly, add the olive oil gradually, then the hot water a little at a time. Put in the double boiler, stir constantly until the sauce begins to thicken, it is best to remove it from the fire a few times and stir, as eggs always cook better at a low temperature. When the mixture is quite thick, let it cool, when cool add tablespoonful of tarragon vinegar, a little cayenne and a teaspoonful salt, cider vinegar will answer.

Bread Sauce—1.

One pint of milk, one-third cup of fine bread crumbs, two tablespoonfuls chopped onion, one tablespoonful butter, one-half teaspoonful salt, one-half teaspoonful pepper, two-thirds cup of coarse bread crumbs. Boil the fine crumbs and onions in the milk for twenty minutes, then add butter, salt and pepper, strain. Fry the coarse crumbs in one tablespoonful of butter, pour the sauce around the birds or broiled chicken, and the course crumbs over.

Bread Sauce—2.

One-half pint of bread crumbs, one-half pint of milk; pour the milk boiling hot on the crumbs and cover closely for thirty minutes, then put into the saucepan with one saltspoonful of salt, one-half teaspoonful of nutmeg, or powdered mace, one-half tablespoonful of butter, and a little cayenne; stir for five minutes, then add one tablespoonful of cream, boil all together for a minute, then serve. The bread crumbs should be from stale bread and made very fine, so that the sauce will be smooth when ready for use.

Bread Sauce with Onion.

One-half a pint of bread crumbs and one onion cut in pieces; boil with one-half pint of milk, stir frequently and cook until the onion is tender, then press through a sieve, put back into the stewpan and boil rapidly for a few minutes, then add a little salt and pepper, one tablespoonful of butter, a little nutmeg, two tablespoonfuls of cream; stir together and serve.

Brains, Force Meat-Balls.

Soak the brains in cold water for an hour, then remove the skin, rinse the brains and tie them in a piece of cheesecloth, and place in the stewpan with boiling water enough to cover them, add to the water one onion, one bay leaf, a few peppercorns and a little salt; boil for twenty minutes, remove the brains and let them cool; when cold, mash them perfectly smooth, and add one-fourth of a teaspoonful of thyme, one teaspoonful of chopped parsley, one teaspoonful of lemon juice, one egg, beaten; one-half cup of cracker crumbs, two tablespoonfuls of melted butter. Mix all together and let stand for one-half hour, then form into small balls, roll these in beaten egg and then in fine bread crumbs, fry them in deep, hot fat for one minute. The balls make a garnish for any preparation of calf's head, or if served with tomato sauce, make a good entree.

Melted Butter Sauce with Milk.

Place in the double boiler two tablespoonfuls of butter, one tablespoonful flour, stir together and add one-half pint of boiling milk and one teaspoonful of salt. This sauce is a good foundation sauce for oyster, onion or lobster sauce.

Brown Butter Sauce.

One-fourth pound of butter, melt in the frying pan, add two tablespoonfuls of flour, as soon as it is brown, stir in one tablespoonful of minced parsley, and three tablespoonfuls of vinegar, one saltspoonful of salt and a little pepper. Simmer for two minutes, serve.

Drawn Butter Sauce.

Take one ounce of butter and stir into it one ounce of flour; let them cook together for a minute, stir all the time; then add one-half pint of boiling water and one-half teaspoonful of salt; boil this once, then stir into the

sauce—another ounce of butter, stir briskly until this butter disappears; when all the butter is in, add the beaten yolks of three eggs, remove the pan from the fire while stirring in the eggs; when they are well mixed return to the fire until they commence to thicken, then add one tablespoonful of lemon juice and a little cayenne. The sauce should be a yellow color and thick like custard.

Brown Sauce or Gravy.

When the meat is cooked and taken from the pan, pour off the fat from the surface carefully, then pour in a little boiling water, stir it around well, so as to take up all the brown spots which adhere to the pan, for these are the very best of the meat, being the osmazome of meat and the nourishing part really. This gravy or sauce should be given to children on their food and never rich sauces.

Brown Sugar Sauce.

Two cups of brown sugar, one cup of water, one tablespoonful of butter, boil and skim the sauce, which should be rather thick.

Brown Sauce.

One slice of lean ham and one-half pound of veal or beef cut into pieces, one pint of stock, one bay leaf, one bunch of sweet herbs, two onions, one blade of mace; stew these all together one hour, then take off every particle of fat, strain and return to the saucepan and add one wine glass of sherry, and a little cayenne with one tablespoonful of flour and one tablespoonful of butter rubbed together. When the sauce thickens it is ready to serve. The wine can be omitted, and hot water substituted.

Brown Caper Sauce.

A brown caper sauce is served sometimes with either roast or boiled mutton. Take one and one-half pints of water, one slice of lean ham, one-half pound of beef cut in small pieces, one bunch of sweet herbs, two onions, one blade of mace, boil slowly together for two hours, strain, then add one tablespoonful of vinegar, the juice of one lemon, one saltspoonful of pepper, one teaspoonful of anchovy essence (this may be omitted), one teaspoonful of sugar; boil together, then strain and add one tablespoonful of capers.

Caper Sauce.

Add to a white sauce two tablespoonfuls of French capers. Serve with boiled mutton. Caper sauce is equally good with roast mutton.

Cream Sauce—1.

One tablespoonful of flour, two tablespoonfuls of butter; take one tablespoonful of the butter, put in saucepan, when melted add the flour, stir until smooth, then add one teacup of cream or milk, some salt and pepper. When the sauce is thick remove from the fire and add the remaining butter; stir together until it is melted. Keep it hot over a kettle of boiling water, and well stirred, or a crust will form over it.

Cream Sauce—2.

Three eggs, yolks only, a piece of butter the size of an egg, one tablespoonful of flour, one-half pint of cream, a little nutmeg and salt; stir all constantly over the fire until the sauce thickens; then remove at once, for if it boils the eggs will curdle.

Cucumber Sauce.

Slice two good-sized cucumbers. Take out seeds and put the cucumbers with four onions into a saucepan with one tablespoonful of butter; when quite soft, mash through a sieve, add one teacup of cream, one teaspoonful of flour, a little cayenne; simmer for fifteen minutes, then add one saltspoonful of salt.

Devonshire or Clotted Cream.

Obtained in Devonshire.

Strain new milk into a shallow, wide pan; let it stand for twenty-four hours in summer, thirty-six hours in winter—place it then on the stove to warm slowly—bring the milk to the scalding point, but it must not boil or even simmer; as soon as it is ready, little bubbles of air will appear on the surface and small rings, then take the milk from the fire and put in a cold place to stand for twelve hours, when the cream will be thick and clotted; it can be quickly made into butter by beating, or the cream is delicious served over puddings or stewed fruits.

Cranberries to Serve with Roast Turkey.

Pick out all the imperfect ones; then weigh after washing the berries, place in a porcelain kettle with cold water—the berries must just be covered with the water; put on the fire where they will boil; as soon as the skins commence to burst, add three-fourths of a pound of sugar to every pound of berries; stir the sugar well with the berries and boil briskly a moment, then take from the fire, strain through a colander and pour into a mold; if you do not wish a jelly, strain into a bowl and stir the berries several times with a spoon while they are cooling.

If you do wish a jelly, turn into a sieve and press the cranberries through. Cranberries can be cooked early in the season, poured into little jelly glasses and will keep all winter; in order to keep well, however, a much longer time will be required to boil them and one pound of sugar allowed to every pound of berries.

Celery Sauce.

Cut up a head of celery, put into a saucepan with enough milk to cover it, cover and cook until tender, then take out the celery and rub it through a sieve. Mix together one tablespoonful of butter and one-half tablespoonful of flour stir this mixture into the milk in which the celery was boiled, add one saltspoonful of salt, a little pepper and one-half cup of cream; put back the celery, let all boil once together and serve.

Cherry Sauce—German.

One quart of cherries, pound the cherries in a mortar or wooden bowl until the stones are broken then boil until tender with one-half pint of water; rub all through a sieve and boil again with one-half pound of sugar, one tablespoonful of lemon juice, a little grated lemon rind, one teaspoonful of cinnamon, and one-fourth teaspoonful of cloves; add one teaspoonful of flour mixed to a smooth paste with a little cold water; stir into the sauce, until it thickens; strain and serve with any pudding, or with roast meat.

Custard Sauce for Puddings.

One pint of milk, place in double boiler, stir in two eggs lightly beaten together, add three tablespoonfuls of sugar, keep stirring until the sauce thickens, it must not boil. Take from the fire, stir in one tablespoonful of brandy and grate one-half a nutmeg into the sauce. The sauce is richer made with cream.

Sauce for Wild Ducks—1.

One tablespoonful of Worcestershire sauce, one tablespoonful of mushroom sauce, one tablespoonful of port wine, one teaspoonful of currant jelly, one teaspoonful of lemon juice, the grated rind of one-half lemon. Let these boil together, then add one-half cup of stock mixed with one tablespoonful of flour to thicken, boil again for three minutes.

Sauce for Wild Ducks—2.

Mix together on a hot soup plate one tablespoonful butter, one tablespoonful currant jelly, a little salt, very little cayenne, the juice of one lemon, one glass of sherry, small cupful of finely minced celery. Stir all well together and serve with each portion of duck.

Dutch Sauce.

Mix one ounce of butter and one ounce of flour in a saucepan over the fire, and stir constantly until it bubbles; then add gradually one tablespoonful of boiling water, remove the sauce from the fire, stir in the yolks of three eggs, one at a time, add one tablespoonful of dry mustard, three tablespoonfuls of olive oil, one tablespoonful vinegar, one teaspoonful salt, a little pepper, add the oil drop by drop, stirring constantly until smooth.

Dutch Sauce for Fish or Meat.

One-fourth pound of butter, two tablespoonfuls of flour; put in a saucepan and let them cook two minutes, then add one teacup of broth and cream mixed, add two yolks of eggs, beaten, the juice of one lemon, salt and pepper. Do not boil, keep hot.

Sauce Diable.

Chop fine eight shallots, two onions, two sprigs of parsley, one green pepper (remove seeds), one sprig of thyme, one-half bay leaf, put in saucepan with one claret glass of vinegar, cook together until nearly dry, then add

four tablespoonfuls of brown sauce. Boil together a minute, strain and serve.

Egg Balls.

Mix the yolks of two hard-boiled eggs with one tablespoonful of melted butter. Make into balls, dredge with flour and fry until brown. Serve in soup.

Egg Sauce.

To three yolks of eggs, beaten to a cream, add one large spoonful of melted butter; one tablespoonful of cream, a little salt and pepper, put on the fire and stir carefully until the sauce sets as a cream; do not let it boil.

Epicurean Sauce.

Mix well together one-half pint of mushroom catsup, one-half pint of walnut catsup, two glasses of port wine, two glasses of Indian Soy, three ounces of shallots, one-half ounce of cayenne, one-half ounce of cloves, one and one-half pints of vinegar, one saltspoonful of pepper. Put all these into a large jar that can be tightly covered, shake well every day, after two weeks strain and bottle.

Sauce for Boiled Fish.

One-half pound of butter, the juice of one lemon, one saltspoonful of salt, a little pepper; beat these together until smooth on the fire, but do not let the mixture boil. Take from the fire and add the yolks of two eggs well beaten, pour some of the sauce over the fish, serve the balance in a sauce boat.

Fairy Butter.

Four ounces of butter, five ounces of powdered sugar, the juice and grated rind of one lemon. Cream the butter, then add the sugar gradually, beating hard and fast until it is very light, then add the lemon; mix well and pile up on small dish, serve with any pudding.

Sauce for Fish and Broiled Lobster.

Cook one-third of a pound of butter; when bubbling hot, add two teaspoonfuls of Worcestershire sauce, one teaspoonful of tomato sauce and two drops of tabasco sauce or a pinch of cayenne.

Foamy Sauce.

Beat together until very light one cupful of powdered sugar with one-half cupful of butter, one-half teaspoonful of grated nutmeg, add the whites of two eggs, beaten until very light, put bowl containing the sauce in a pan of boiling water and stir until the sauce is foamy.

Force Meat Balls.

One pound of boiled veal, chopped very fine, and mixed with two yolks of eggs, some pepper, salt, a pinch of sweet marjoram, a little pinch of cloves and allspice; make into balls and fry brown. Serve as a garnish, or in soup.

German Wine Sauce.

Take two wine glasses of sherry (or three-fourths of a measuring cup), dissolve in it two and one-half tablespoonfuls of sugar. Add to the wine one teaspoonful of lemon juice. Place on fire and when hot, add the yolks of three eggs well beaten, continue to stir over hot water until the sauce is well foamed and thickened. Do not let it boil or it will curdle. Then add the three whites well beaten, remove from the heat and serve with the pudding.

Garlic Sauce or Wine.

Half fill a pint bottle with garlic cloves then fill the bottle with port wine, in two months pour off the wine and bottle it. It will be very strong, one drop is enough to use at a time.

German Sauce.

One-fourth pint of sherry, two yolks of eggs, two tablespoonfuls of sugar. Put the yolks into a basin and beat well, pour into a saucepan, add the sherry and sugar; let it heat but not boil. Pour around the pudding.

Giblet Gravy for Turkey and Chicken.

Put the neck, gizzard and liver with one onion into one and one-half pints of water; boil until the liver and gizzard are tender; remove the onion, chop the gizzard fine, mash the liver with one tablespoonful of butter, two tablespoonfuls of flour, season with pepper and salt. Stir this mixture into the gravy; when it thickens, add the gizzard and serve.

Genevaise Sauce for Salmon, Trout, Etc.

Cut one onion and one carrot into rounds, put them into a stewpan with a small bunch of sweet herbs (sprig of thyme, sweet marjoram) with two sprigs of parsley, a few mushrooms if in season, one-half bay leaf, four cloves, one blade of mace; add two tablespoonfuls of butter, one pint of milk or brown stock, simmer gently for one hour, then strain, return to clean stewpan, mix together one tablespoonful of butter and one tablespoonful flour, stir into the sauce. Keep on stirring until the sauce is thick and smooth, then add one wine glass of sherry and one teaspoonful of lemon juice.

Gooseberry Sauce for Boiled or Broiled Mackerel.

One pint of green gooseberries, canned ones can be used, boiled in a little water until tender, strain and rub them through a sieve. Put into a stewpan some bechamel sauce or gravy, add two tablespoonfuls of butter, one teaspoonful salt, a little pepper and a little grated nutmeg, add the gooseberry pulp and one tablespoonful sugar, boil all together for a few minutes or until well blended and serve.

Hard Sauce—1.

Two cups of powdered sugar, mix with one cup of butter until very creamy, add slowly one tablespoonful of brandy, one teaspoonful of vanilla,

cream these together with a little grated nutmeg, lastly add one cupful of stiffly whipped cream.

In making hard sauce add the powdered sugar slowly, a little at a time.

Hard Sauce—2. For Puddings.

One cup of butter, two cupfuls of sugar, stir together until perfectly creamy, then add one-half cup of wine and a little lemon juice, or a little nutmeg; beat until it is firm and smooth, then make into a flat ball and keep on the ice until needed.

Horseradish Sauce to Serve with Roast Beef—1.

Four tablespoonfuls of grated horseradish, one teaspoonful of sugar, one teaspoonful of salt, one-half teaspoonful of pepper and one teaspoonful of mustard, one tablespoonful of vinegar. Grate the horseradish, mix it with the sugar, salt, pepper and mustard, add the vinegar and three tablespoonfuls of cream and heat all together, do not let it boil, but heat it in the double boiler. This sauce will be found an improvement over cold horseradish sauce. With cold beef serve it cold.

Horseradish Sauce—2.

Two tablespoonfuls of grated horseradish, two tablespoonfuls of whipped cream, and one saltspoonful of salt, one tablespoonful of vinegar; mix well together. A pinch of powdered sage is thought by many to be an improvement.

Hollandaise Sauce for Meats.

One-fourth pound of butter; mix in this one teaspoonful of flour, and the yolks of three eggs well beaten, the juice of one-half a lemon, a little grated nutmeg and one tablespoonful of water; mix together and stir constantly over a slow fire. The sauce must not boil, or it will curdle, and be unfit for use.

Horseradish Butter for Roast Beef.

Grate the horseradish; after which pound well in a mortar; add a little soft butter and a little salt.

Horseradish Vinegar.

One-fourth pound of scraped horseradish, one ounce of bruised shallots, one-half teaspoonful of cayenne, one quart of vinegar. Put all these into a bottle, which shake well every day for two weeks, then strain and bottle. It is a good relish with cold meats or a few drops added to a salad is an improvement.

Jelly Sauce for Venison, Game and Mutton.

Take equal quantities of butter and currant jelly; melt the butter, then add the jelly, and when it is melted add one teacup of port or sherry. Bring all to a boiling point and pour over the game.

Lemon Butter for Puddings.

Three lemons, juice and grated rinds—three eggs, well beaten, one pound of sugar, one teacup of water, one tablespoonful of melted butter. Beat these all together, then boil for five minutes or until thick. Put into glasses. It will keep.

Sabyllon Sauce for Puddings.

This sauce is so rich it only needs a few spoonfuls poured over the pudding. Beat one whole egg and two yolks with one-half teacup of sugar, put into double boiler, beat them well and add one-half teacup of sherry, as soon as you add the sherry, the eggs will thicken, remove them from fire and add the juice of one lemon.

Lemon Brandy for Flavoring Custards, Cake, Etc.

One pint of brandy, in which put the grated rind of three lemons, let the rind infuse for two days, boil four tablespoonfuls of sugar with one-half pint of water, for five minutes. Strain, let it cool, when cold put it with the brandy and bottle. This will be found a very delicious flavoring for custards or cakes, do not use more than one tablespoonful.

Lemon Syrup.

To one pint of strained lemon juice, add one and one-fourth pounds of sugar; let it simmer on stove until it is perfectly clear; when cold, bottle and cork tightly.

Maitre D'Hotel Butter or Sauce.

Mix one-fourth pound of butter with two tablespoonfuls of chopped parsley, juice of two lemons, a little salt. This butter will keep and it is convenient to have it mixed and ready for use.

Maple Syrup Sauce.

One-half pound of maple sugar, one-fourth pound of butter, one-half gill of hot water; dissolve the sugar in the hot water, let it simmer a few minutes until clear, add the butter; pour into sauce-boat and serve.

Melted Butter.

Take one tablespoonful of flour, two tablespoonfuls of butter, and not quite half a pint of milk, and a little salt. Mix the flour and a little of the milk smoothly together in a basin, melt the butter in the saucepan, stir it over the fire for one minute and then pour in the remainder of the milk; keep stirring one way only over a quick fire; let it boil quickly for a minute or two, and then it will be ready to serve. This sauce is the foundation of many other sauces.

Melted Butter Sauce with Water.

The secret of this sauce is in the careful mixing. Melt in the double boiler two ounces of butter, when melted stir into it two ounces of flour, stir all together until the mixture leaves the bottom of the tin, then pour in

very gradually one-half pint of boiling water, see that there are no lumps, after all the water is used, cook the sauce for ten minutes, if desired very fine, put the sauce through a fine sieve after, but if care is used in stirring there need not be lumps, season with salt and a little white pepper and a very little nutmeg, if the flavor is liked. Always serve the sauce in a hot sauce boat.

This melted butter sauce can be varied indefinitely—made with milk, anchovy essence added, chopped parsley, capers, lemon juice, strained cooked tomatoes, etc.

Queen Mary's Sauce.

Queen Mary's Sauce for roast meats has been immortalized by Sir Walter Scott—to make this the following directions are given:

When the meat is half roasted, put into the pan, three tablespoonfuls of hot water, three tablespoonfuls of port wine, one minced shallot or onion and one minced anchovy, a little pepper; baste the meat quite often with this mixture and the gravy which comes from the meat. When the meat is cooked, turn it out on a hot dish with the inside uppermost. Score it two or three times with a sharp knife, pour over the gravy and cover the meat with fried bread crumbs.

Mint Sauce for Roast Lamb—1.

Four tablespoonfuls of chopped mint, two teaspoonfuls of sugar, one tablespoonful of vinegar. Mix these well together; make two hours before dinner.

Mint Sauce—2.

Take a large bunch of fresh mint, enough to make three tablespoonfuls, chop the rind of a lemon fine and add it to the mint, then add two tablespoonfuls of best vinegar, the juice of the lemon, and dissolve in this as much sugar as it will absorb; let the sauce stand for an hour or two before using.

Montpelier Butter.

Pick off the leaves from a quantity of watercress, mince them as finely as possible, and dry them in a cloth; then mince them still more and dry them again. Then knead them with as much fresh butter as they will take up, adding a very little salt and pepper. Make it up into balls and serve with the cheese course.

Mayonnaise Sauce.

One egg, yolk only, put this into a small basin or soup plate, stir with a wooden spoon, and pour into it, drop by drop, the olive oil; after you have used about two tablespoonfuls of oil, you can pour in the oil by the teaspoonful. When a sufficient quantity of mayonnaise is made, add one teaspoonful of vinegar, one teaspoonful of salt and some cayenne. Should the mixture break, you must stop at once and take a fresh plate and egg, and commence with the oil drop by drop; if this mixture is all right, you can

then add the first mixture to it. Keep on the ice until needed. A few spoonfuls of stiff whipped cream is an addition to the sauce.

Mustard Sauce.

Put one tablespoonful of butter in saucepan when hot, add one tablespoonful of flour; stir until smooth, then add one onion sliced and one-half pint of stock, the grated rind of one lemon, one saltspoonful of salt, a little cayenne, and two tablespoonfuls of vinegar; let these simmer for fifteen minutes, and then add three tablespoonfuls of mustard with a little water; boil together until smooth, strain and serve hot.

Mustard.

Scald four tablespoonfuls of dry mustard with a cupful of boiling water, and stir into it when cold, one tablespoonful of vinegar, one of salad oil, one teaspoonful of white sugar and a pinch of salt. Beat to a cream. This is a delicious preparation of mustard and keeps well.

Onion Coloring for Soups and Sauces.

One-half pound of onions, cook them in about a cupful of water for ten minutes, then add one-half pound of sugar and simmer all until the mixture is of a very dark brown color; add one gill of boiling vinegar; stir well; when cold strain and bottle.

Onion Sauce—1.

Cut in slices six onions, steam them in a covered saucepan over hot water with a lump of butter the size of an egg, until they are soft, then add one tablespoonful of flour, one teacup of broth, one tablespoonful of tarragon vinegar, one tablespoonful of sugar, one glass of white wine; stir until the sauce is smooth and thick, then strain and serve.

Onion Sauce—2.

Peel some onions and put them into a little salt and water, and let them steep for fifteen minutes. Then put them into a saucepan, cover with water, and let them boil till tender. Then drain the onions, chop finely, and rub through a sieve. Take half a pint of melted butter (see "Melted Butter"), and when it is boiling put in the onions, seasoned with a very little salt and some white pepper, and serve.

Onion Juice.

Remove the outer skin and press the onion against the grater, or grate the onion and strain the juice.

Onion Puree.

To serve with roast lamb, ducks or mutton. First cut onions very fine, enough to make one quart of the onions when cut; boil them in a little water until perfectly soft, then drain them; place them in a saucepan with one tablespoonful of butter, a little salt and pepper, and simmer slowly for thirty minutes. They must not brown. Just before serving add one-half

cup of cream or rich milk; boil all together once, then press through a sieve and serve in sauce boat.

Onion Sauce to Serve with Roast Game or Wild Duck.

Peel six onions, let them steep in salted water for fifteen minutes; drain and place in a saucepan. Cover with water and boil until tender. Then drain well. Chop them fine and rub them through a coarse sieve. Put one tablespoonful of flour, two tablespoonfuls of butter into a saucepan, stir constantly until the sauce is thick and smooth, then add one-half pint of milk. Stir well. Then add, if it is too thick, more milk. Add this to the onions. Boil all together for a minute or two and serve.

Orange Syrup.

To every pint of orange juice, add one pound of sugar; boil slowly ten minutes, skim carefully; when cold, bottle and cork tightly.

Orange Sauce to Serve with Game.

Wash, peel and cut into small bits six mushrooms or use one dessertspoonful of mushroom powder, one small carrot, one onion, wash and dry them, then fry them until quite brown in one tablespoonful of butter; be careful they do not burn; drain from the butter; melt together in another saucepan, two tablespoonfuls of butter and two tablespoonfuls of flour; stir well until brown and thick; then add one pint of stock, if not convenient, one pint of hot water, the fried vegetables and one cupful of tomatoes, either fresh or canned; cook all well for half an hour; strain and add to this sauce the juice of three oranges and the peel of one orange; the peel must be carefully cut from the orange so that none of the white part is taken off, and should be cut fine and cooked with one tablespoonful of sugar in a little water for an hour before adding to the sauce; last add one saltspoonful of salt.

Oyster Sauce for Fish.

Take half a pint of melted butter (see "Melted Butter"), and put it into the liquor of the oysters, in which liquor the beards of the oysters should be scalded and then strained out, add a few drops of essence of anchovy, a teaspoonful of lemon juice, and a dash of cayenne; boil once, and then put in the oysters cooked, but cut in half. A tablespoonful of cream is a great improvement.

Pepper Sauce—1.

A good sauce for a pork roast may be made by adding two tablespoonfuls of the tiny red or green peppers chopped fine to the brown pork gravy. The seeds should be removed before chopping.

Pepper Sauce—2.

Five large heads of cabbage chopped fine, one-half pint of salt; let all stand over night, next day squeeze dry, add twenty-five peppers seeded, twenty-five small cucumbers; mix, sprinkle all with mustard seed, one cup of whole

peppers, one tablespoonful of allspice, one tablespoonful of cloves, one pint of vinegar. Boil until the vegetables look clear, then cool and put into glass jars and seal.

Sauce Piquante.

Melt one tablespoonful of butter, with one tablespoonful flour, when mixed, add one-half pint of milk, stir until the sauce is smooth, then add two teaspoonfuls of tarragon vinegar, one teaspoonful anchovy sauce, one teaspoonful tomato catsup and one tablespoonful of chopped cucumber pickles and one tablespoonful of capers.

Princess Sauce.

Melt one tablespoonful of butter with one tablespoonful of flour, then add one pint of chicken broth, one-half bay leaf, one clove garlic, one sprig parsley, one sprig celery, one tablespoonful chopped ham, cook ten minutes. Strain, then add one teaspoonful beef extract, one tablespoonful of Madeira or sherry, a little salt and pepper. Serve hot with ham mousse, etc. Do not let wine boil.

Poivarde Sauce.

Two tablespoonfuls of lean, uncooked ham, chopped fine, two tablespoonfuls of carrots cut in pieces, one teaspoonful of turnips cut fine, two onions cut in small pieces, one blade of celery, one-half a leek, two sprigs of thyme, two bay leaves, two sprigs of parsley, one saltspoonful of pepper, one tablespoonful of butter. Fry all these together for twenty minutes, then add the juice of one lemon, one wine glass of claret, and one pint of stock, one teaspoonful of sugar, a little cayenne. Skim the sauce well and serve with a fillet of beef, fish or rabbits.

Pudding Sauce.

One cup of butter, two cups of powdered sugar, beat together until very light; add the whites of two eggs unbeaten gradually into the sugar and butter, then put the bowl containing the mixture into a pan of boiling water, beating the mixture all the while until it is very creamy, then add one gill of good brandy.

Pudding Sauce.

Mix the yolks of two eggs with a heaping tablespoonful of powdered sugar in a saucepan, over the fire, adding slowly a gill of best brandy. Do not let the mixture boil, stir continually after taking it off the fire, and at the end of five minutes, when it has cooled, add a pint of whipped cream sweetened with two tablespoonfuls of powdered sugar. Beat the sauce well, then put on the ice, cool. Just before serving, beat sauce thoroughly, adding slowly one-half glass of sherry.

Sauce Ravigote.

One handful of mixed herbs, thyme, marjoram, savory, parsley and watercress, place in saucepan, with one teaspoonful salt, a little pepper and one

tablespoonful vinegar, add one-half pint of stock and boil all these together, then strain, return to fire, add one teaspoonful of butter, rolled in flour, stir until it dissolves.

Roux or White Thickening.

Melt ten tablespoonfuls of butter over a slow fire and stir into it very gradually thirteen tablespoonfuls of flour, stir until the mixture is thick, but not colored, add teaspoonful of salt. Placed in a jar it will keep for a long time and is always ready for use, to thicken white sauces. Brown roux is made in the same manner, only the mixture must cook until it is of a brown color, or browned flour is used.

Romaine Sauce.

Grate half an ounce of onion, and use two tablespoonfuls of vinegar to wash it off the grater, to these add a saltspoonful of sugar, a tablespoonful of lemon juice, three tablespoonfuls of olive oil, six capers chopped fine, as much cayenne as can be taken up on the point of a very small penknife blade, a level saltspoonful of salt, and a quarter of a saltspoonful of pepper, mix well and use for dressing watercress, or any other green salad. A few cold boiled potatoes sliced and mixed with this dressing, and a head of lettuce, makes a good potato salad.

Sauce Robert for Steaks and Roast Goose.

Put one tablespoonful of butter into the stewpan with two onions sliced; fry these together until brown; add one tablespoonful of flour, stir well; then add one tablespoonful gravy or stock, let these boil for five minutes, skim off the fat and add one teaspoonful of made mustard, one saltspoonful of salt, a little pepper, one tablespoonful of vinegar, and one-half the juice of a lemon. Boil together and strain over a steak or goose.

Soubise Sauce—1.

Peel and cut in small pieces one Spanish onion, cook in one tablespoonful of butter and one-half tablespoonful of flour for five minutes—it must not color at all; then add one-half cup of milk and simmer until the onion is tender, then mash through a sieve; add one saltspoonful of salt, one teaspoonful of sugar and two tablespoonfuls of cream; heat all together and serve.

Soubise Sauce—2.

Take four onions, cut them in pieces and boil for twenty minutes or longer in boiling water, then drain. Take one large tablespoonful of butter, put in double boiler, put into this the onions, stew for a few minutes, then add one tablespoonful of sugar, one saltspoonful of salt, a little pepper and a little grated nutmeg; mash all through a fine sieve, then add the same amount of cream sauce, and serve hot over beefsteak or lamb chops.

Sage and Onion Sauce.

Cut three onions into small pieces; fry them with one tablespoonful of butter for twenty minutes; then add one teaspoonful of salt, a little pepper, one teaspoonful of sage chopped fine, two tablespoonfuls of bread crumbs, one-half pint of good stock; stir well together until smooth, cook for fifteen minutes longer, strain, serve with roast pork, etc.

Spanish Sauce.

To serve with Sweetbreads: To prepare the Spanish sauce, fry one slice of ham, cut in small pieces with one tablespoonful of butter; when brown add one carrot sliced, two onions sliced, stir well together and add two tablespoonfuls of flour; brown well, then take one and one-half pints of stock, or hot water; add to this any pieces of raw beef or veal you may have, a little salt and pepper, some herbs, one cupful of tomatoes, one tablespoonful of mushroom powder (if convenient). Let all simmer for an hour, then strain and set aside for use. It will keep perfectly for a week if kept cool. This sauce can be used for many other meats, and by adding a wineglass of sherry with a tablespoonful of finely chopped parsley and one tablespoonful of lemon juice it becomes Chateauberand sauce.

Swedish Sauce for Fish or Salad.

One-half pint of cream, three tablespoonfuls of mayonnaise, one teaspoonful of mustard, which dilute with water, one large tablespoonful of grated horseradish, one saltspoonful of salt, one-half saltspoonful of pepper. Whip the cream to a stiff froth; then add the mayonnaise and mustard, mix all together, add the horseradish, salt and pepper, place on ice until required. Serve with cold fish, or with cold asparagus, tomatoes or cauliflower.

Sauce Sevilliane.

Take the grated rind of one orange and one lemon and the juice of both, add two tablespoonfuls of currant jelly, a very little cayenne, mix and strain, serve cold, with cold beef, or heated with wild duck. It may be necessary to beat the currant jelly if it is too stiff, in order to mix all together.

Sauce Mayonnaise in Lemon Cups.

Make a good mayonnaise, using lemon juice instead of vinegar, cut in halves some lemons, remove the seeds and pulp, the juice is used in the mayonnaise. Fill in the lemon halves and serve around broiled fish, or at any time when sauce tartare is used.

Tomato Sauce.

One tablespoonful of butter, one onion cut in slices, one carrot cut fine, a little thyme, one-half bay leaf, one stalk of celery cut fine, two sprigs of parsley minced fine. Fry the vegetables, herbs, ham and butter together for ten minutes, then add one tablespoonful of flour; when the flour has browned and the sauce thickened, add one can of tomatoes or the same of ripe to-

matoes; cook for forty-five minutes, then add one teaspoonful of salt, one saltspoonful of pepper, one tablespoonful of sugar; strain the sauce through a sieve, serve hot; this sauce will keep for several days if kept in a cold place.

Sauce for Plum Pudding.

Five eggs, five tablespoonfuls of sugar. Beat the yolks with part of the sugar; beat whites very stiff; add to them the rest of the sugar, mix together, and add slowly one-half wineglass of rum, one tablespoonful of brandy and a little nutmeg; beat all the time you are adding the rum, etc.; add one cup of currants and raisins chopped fine. Add liquor when ready to serve.

Tartar Sauce.

Put the yolks of two eggs into a basin, stir the yolks, and a saltspoonful of salt, one-half a saltspoonful of pepper, one tablespoonful of vinegar together; mix well, and pour in drop by drop one gill of olive oil, then add one teaspoonful of cider vinegar and one-half teaspoonful of tarragon vinegar. Take a bunch of parsley, boil it five minutes with a little salt and a bit of soda, dry thoroughly by squeezing it in a cloth, chop it, take one teaspoonful of the chopped parsley, add one tablespoonful of chopped capers and little cucumber pickles; mix these with the sauce.

Vanilla Sauce.

Boil one pint of milk with a piece of vanilla bean and one-half cup of sugar, add two teaspoonfuls of flour, when the sauce thickens add the yolks of three eggs; remove from the fire and stir in the three whites beaten very stiff with one tablespoonful of powdered sugar—stir these into the sauce just as it is served.

Wine Sauce—1.

One pint of powdered sugar, one-half pint of soft butter, beaten together until very creamy. Boil two gills of sherry with one gill of water, pour over the mixture of butter and sugar, add a little grated nutmeg, and one gill of hot sweet cream.

Wine Sauce for Pudding—2.

One cup of sugar, one-half cup of butter, one egg, one-half cup of hot sherry. Stir well, keep over hot water till ready to use (in a double boiler). Beat butter and sugar to a cream, add egg well beaten, then boiling wine, and it will foam.

White Sauce.

Two tablespoonfuls of butter, place in double boiler. When melted add one tablespoonful of flour, cook together until smooth, then add slowly hot milk or cream until the sauce is thick, one teaspoonful of salt, a very little pepper, a little grated nutmeg. If the sauce is desired with the flavor of onion, add one teaspoonful of grated onion, or one teaspoonful of the juice —if with lemon flavor, add the juice of one lemon with the grated rind; if

with parsley, add one tablespoonful of finely minced parsley; if with eggs, two hard boiled eggs, cut into small pieces; if with pickles, one tablespoonful of finely chopped cucumber pickles. The flavors can be varied indefinitely.

White Sauce with Mushrooms.

Two ounces of butter, one and one-half ounces of flour; put into a stewpan, mix well, then add one pint of white stock and stir until it boils, then add six mushrooms, washed and peeled, let all slowly simmer for twenty minutes, take the lid half off the pan, skim off the butter as it rises, strain this into another stewpan, put in it, one-half pint of cream, and juice of one-half a lemon; mix and then let all boil together. Stir while it boils.

Thickening with Eggs.

It must always be remembered that in thickening with eggs any sauce or soup, they must not be allowed to boil after they are added. The boiling point only should be reached.

Wine Sauce for Saddle of Mutton.

One tumbler of currant jelly, mix with one tumbler of tomato catsup, one teacup of brown sugar, one tumbler of sherry, two tablespoonfuls of brandy, one-half pint of mutton gravy, have no fat on it, one tablespoonful of flour, moistened with a little cold water. Mix all well together, add a little grated nutmeg, salt and cayenne. Cook just to the boiling point.

Yellow Sauce.

One tablespoonful of butter, put in double boiler, when hot stir in one tablespoonful flour, add gradually as the mixture thickens one-half pint of rich milk, when thick and smooth add the yolks of two eggs, which have been beaten until very light. Do not cook the sauce after the eggs are added, as the heat of the sauce cooks them sufficiently, add a little salt. Pick out dark eggs, if possible, as they have generally yolks of a deeper yellow than white ones.

Sauce for Wild Duck.

There is now a fancy to have a sauce for wild ducks, made by crushing the bodies of the duck after removing the meat, in a press made for the purpose—the gravy resulting—made hot with a little port or claret, some minced onion or shallot added and a little black pepper or cayenne.

Catsups and Pickles.

In the making of pickles pure cider vinegar or the best white wine vinegar is absolutely essential to insure good pickles. Do not use in your household inferior vinegar, cheap vinegars are dangerous to use. Economize in pickles, not in the vinegar to make them with.

Of course pickles are questionable articles of food, but if used should be made carefully and well. It is better to make the pickles in your own home, for it is impossible that pickles, many of them, can be made and put on the market at the prices charged for them. Pure spices, pure vinegar can not be bought cheaply, so dangerous acids are substituted for vinegar and adulterated spices for pure spices.

A Fine Catsup.

Put into a wide-mouth glass bottle one pint of vinegar, one dozen skinned shallots, slightly bruised, one gill of red wine which has been made hot, one dozen blanched and filleted anchovies which have been heated with the wine. When the mixture is cold add one gill of red wine, three blades of mace, one piece of ginger root, one dozen cloves, one dozen peppercorns, one dessertspoonful of grated horseradish, the rind of one lemon, one grated nutmeg, close the bottle tightly, shake it several times each day for a week; if you have any mushroom catsup add one tablespoonful. It will keep for years if well sealed and kept in a dry place.

Bengal Chutney.

One pound of brown sugar, one-half pound of salt, one-half pound of ground mustard seed, one-fourth pound of garlic, one-fourth pound of onions, one-fourth pound of ginger (ground), one-half pound of raisins, one ounce of cayenne, three pints of best cider vinegar, fifteen large sour apples, thirteen ripe tomatoes. Garlic, raisins, onions all to be chopped fine, apples and tomatoes and all boiled in the vinegar until quite soft, then mash and mix all well together; when cold, cork tight.

Small Cucumber Pickles.

First, make a strong brine and scald the brine for four mornings, and pour over the pickles hot, each day. Second, make a fresh brine, scald for five mornings, then put the pickles into cold water, adding a little piece of alum, for twenty-four hours. Scald the vinegar, add while heating red peppers, a stick of horseradish, cloves, cinnamon, mace, mustard seed and sugar. For five hundred pickles take three pounds of sugar.

Chili Pickles.

Thirty ripe tomatoes, seven green peppers, ten onions, fifteen tablespoonfuls of white sugar, seven cupfuls of cider vinegar, five small tablespoonfuls

of salt. Chop the tomatoes, peppers and onions fine; cook all one and one-half hours, then bottle.

Delicious Pickles.

Three quarts of ripe tomatoes, three quarts of green tomatoes, two red peppers, two green peppers (take out the seeds from the peppers), three heads of celery, three onions, one cup of grated horseradish. Chop all the vegetables, put them in a large bowl, sprinkle over them some salt, let them stand over night; in the morning drain off the water, then take one quart of vinegar, two pounds of brown sugar, one-half cupful of mustard seed, two tablespoonfuls of celery salt, one tablespoonful of powdered cinnamon, one-half tablespoonful of powdered cloves, one tablespoonful of allspice, one tablespoonful of ginger. Boil all until the vegetables are perfectly soft.

East India Catsup.

One-half bushel of green tomatoes cut fine, ten pounds of brown sugar, ten lemons, remove seeds, cut fine, one ounce of white ginger root cut fine. Boil all down to two gallons and bottle.

Grape Catsup.

Pick six pounds of grapes from the stems, put in a kettle and cover with water. Let this boil, then strain. To the juice add one pound of sugar, one pint of vinegar, and one teaspoonful each of cloves, salt and cinnamon. Boil until thick, and bottle.

German Celery Pickle.

One-half peck of green tomatoes, two very large heads of cabbage, two quarts onions, all chopped fine, twelve stalks of celery, cut into small pieces with scissors, use all the green part as well as the yellow leaves, four tablespoonfuls of salt, four tablespoonfuls of ground allspice, one ounce mustard seed, one ounce celery seed, one ounce whole cloves, one ounce pepper corns, one tablespoonful ground cloves, three pounds granulated sugar, three quarts best cider vinegar. Mix these all well together, with the juice of the chopped vegetables, sprinkle the spices all through, place on fire and boil twenty minutes from the time it begins to boil, then place in jars. This sauce is excellent with all meats, and the recipe will make fourteen quarts of it.

Green Peppers Stuffed.

The peppers must be used just before turning red. Cut off the stem-end of the peppers and take out every seed. Let me warn you of the suffering you may have unless you are most careful in removing the seeds. It is better to wear an old pair of cotton gloves, and do not touch your face while wearing them. Put the peppers with the tops into strong salted water for three days, then drain off the brine. Place in cold water for twenty-four hours, in which put a scant teaspoonful of powdered alum.

For the stuffing, take six tablespoonfuls of mustard seed, three tablespoonfuls of grated horseradish, one teaspoonful of grated mace and nutmeg, two

teaspoonfuls of pounded garlic, one-half teaspoonful of powdered ginger, one teaspoonful of celery seed, two tablespoonfuls of sugar, one dozen whole peppercorns, one tablespoonful olive oil, and mix all these well together; fill the peppers, tie on the tops and place them in a deep stone crock. Boil the vinegar enough to cover them and pour over the peppers; repeat this for three days, leaving one day between each boiling of the vinegar; then put the peppers in a cool place; cover well. It will take two months before the peppers will be ready for use. Watch them, and if they do not seem to be keeping well, reboil the vinegar, skimming it well.

Ripe Cucumber Pickles.

The cucumbers must be ripe. For the pickles, peel the cucumber, remove all the seeds, and slice the cucumbers in long thin slices. Put them into salted cold water for twenty-four hours. Then remove from this water, drain, place in cold fresh water for four hours. To every eight pounds of cucumbers use two pounds of sugar, one pint of vinegar, one ounce of cinnamon, one-half ounce of allspice, one-half ounce of mace, one-half ounce of ginger root. Mix these spices well together. They should all be ground spices. Tie them in little bags, heat them with the vinegar and sugar. When the syrup is hot put in the cucumbers, cook for a few minutes, take out the cucumbers, place on a large dish and pour over them the syrup. The next day heat the syrup only to boiling point and pour again over the cucumbers. Repeat this for four mornings. The last day, boil both syrup and cucumbers together and seal in jars.

If the pickles are desired less sweet, omit one pound of sugar and more vinegar can be used.

This recipe can be used for peaches, pears, quinces, watermelon rind, plums, etc.

For the ripe cucumber preserves, prepare the cucumbers as in the other recipe, but omit the vinegar and increase the sugar to four pounds of sugar to eight of the cucumbers, and be careful to boil the syrup so as to reduce it if it seems at all thin, and at the last time of boiling seal up the cucumbers while hot.

It is impossible to prevent the ripe cucumbers from shriveling, so it is necessary to use a lot of them.

Kitchen Pepper.

One ounce of ginger, one ounce of cinnamon, one ounce of pepper, one-half ounce of allspice, one-half ounce of nutmeg, ten cloves, all ground, six ounces of salt; mix and bottle. Use a little for seasoning.

Lemon Catsup.

Six lemons, cut them into quarters and remove the seeds and put them into a small stone jar. Take one quart of vinegar in which put two shallots slightly bruised, three blades of mace, one nutmeg, twelve pepper corns, one

teaspoonful cayenne, one teaspoonful salt. Boil these together and then pour over the lemons, cover the jar closely; let it stand in a warm place; stir it occasionally, and sometimes place it on the back of the range to warm, not cook; after three weeks, strain and bottle. This is an excellent sauce for fish and white meats and will keep for years.

How to Mix Mustard.

Mustard should be mixed with water that has been boiled and then cooled. Put the mustard in a cup, add a pinch of salt; mix into it gradually, carefully rubbing down the lumps, enough water to make a smooth paste that will drop from the spoon.

Cucumber Catsup.

Three dozen large green cucumbers, three small onions, one teacupful of salt. Cut the cucumbers lengthwise, and scrape out the seeds, then chop the cucumbers fine and drain for twelve hours, then add one-fourth cupful of pepper, one cup mustard seeds, cover with vinegar and seal tight.

Mixed Pickles.

Eight large green peppers; take out the seeds and slice them fine, three hundred small cucumbers, eight large heads of cauliflower, six heads of white cabbage cut fine, two quarts of onions sliced fine, two horseradish roots, grated, three quarts of green tomatoes cut fine. Put all the ingredients into a brine strong enough to bear an egg for nearly four hours, then drain for three hours, then sprinkle in one-half pound of mustard seed, one-fourth pound of celery seed, two teaspoonfuls of cayenne, two tablespoonfuls of black pepper, then pour this over the vegetables. Put two gallons of vinegar on to boil, pour this over the vegetables when cold and stir into the vinegar one pint of prepared mustard.

Nasturtium Seeds in Pickle.

The nasturtium seeds must be young and tender. Wash them in cold water, then put salt over and let them remain in the salt twenty-four hours, then dry them on a clean, coarse towel. Put the seeds into glass jars, add a few whole peppers, cloves and some slices of horseradish to each jar. Cover with good vinegar and seal. The nasturtiums are a very good substitute for capers in sauces or salads.

Sweet Cherry Pickle.

Three pints of seeded cherries, two pints of white sugar, one-half pint of vinegar, one tablespoonful of powdered cinnamon; boil together for one hour, then seal in jars.

Pickled Onions.

Buy as many little pickling onions as you wish to preserve. To every quart of good cider vinegar add two teaspoonfuls of whole allspice and two teaspoonfuls of whole black pepper.

Be sure that the onions are dry and ripe. With a silver or plated knife, for steel turns onions black, take off the outer skin, it may be necessary to take off two skins. As you peel the onions put them into dry, clean glass jars. Pour in enough cold vinegar to cover them, take care that each jar has its full share of allspice. Put rubbers on jars, screw on the tops and put away for future use. These should keep eight months.

Pickled Red Peppers.

Wash the peppers, cut off the stems, remove the center part containing the seeds, then either slice the peppers if they are large ones, or cut them in rings with the kitchen scissors. Wear cotton gloves and be careful not to touch your face while preparing the peppers. Pour boiling water over the peppers, then drain and put them into ice water for ten minutes. Boil one quart of best cider vinegar with two cupfuls of sugar, while it is boiling, fill glass jars with the peppers, pour over the hot vinegar to overflow the jars, cover and put in dark cool place.

Pickled Plums.

Prick large Orleans or date plums with a darning needle, lay them in deep stone jars with sugar sprinkled liberally between each layer, and leave them for two or three days. Strain out the syrup that accumulates from them and add to it an equal quantity of white wine or cider vinegar, boiling together for twenty minutes, adding stick cinnamon and a piece of mace. Pour this while boiling over the plums and see that there is enough liquid to cover all. Leave three days, then pour out the syrup again, reboiling it with rather more sugar, and again fill up the jars. If the plums do not seem tender enough to eat after this, reboil the syrup a third time, always adding it to the fruit while at boiling point. Keep closely covered for two months before using.

Martynia Pickles.

Select young tender martynias, put them in a strong brine for a week. To make this brine, use salt to make the water strong enough to bear up an egg. Boil the water carefully, skim and let it become cold before rubbing it over the martynias. At the end of a week, drain off the salt water, rinse the martynias in cold water, drain and pour over enough cold vinegar to well cover them, leave them in this vinegar for two weeks. To one gallon of the vinegar add three pounds of brown sugar, one-half a teacup of allspice, one-half a teacup of cloves, one-half a teacup of black peppers, one tablespoonful of celery seed, three red peppers. It is best to pound these well together and then boil them in the vinegar and when boiling hot pour all over the martynias, put into a stone jar and cover well.

Pineapple Pickle.

Pare and cut the fruit into small square pieces. To every pound of fruit allow three-fourths of a pound of sugar; let the sugar stand on the fruit over night; the next day put all into the kettle and cook until the fruit is

tender; then skim it out of the syrup, add to the syrup a few blades of mace, a tablespoonful of cloves and allspice tied up in a little bag. Cook until the syrup is thick, then put back the fruit and boil it with the syrup for a half hour. Remove the bag of spices, fill glass jars and seal while hot.

Peach Pickle.

For seven pounds of peaches, after the stones and skins have been removed, take three and one-half pounds of sugar, one quart of vinegar, one ounce of allspice, one ounce of cloves, two ounces of stick cinnamon; tie these spices into a small bag. Scald vinegar and spices, add the sugar; when the syrup thickens, pour it over the peaches, pour off the syrup and reheat it for three mornings, pouring it hot over the peaches, then boil all, peaches and spices once together, and put into jars and seal.

Sweet Pear Pickle.

Eight pounds of pears, eight pounds of granulated sugar, one-half pound of candied ginger, four lemons. Boil the lemons whole in clear water until soft. Peel the pears, chop them fine, put the sugar and pears in the preserving kettle with the water from the boiled lemons and cook for one hour, then add the ginger cut fine and the lemons chopped fine; remove the seeds. Cook for one hour or until the mixture is thick as marmalade.

Sweet Pickled Pineapple.

Pare and cut the fruit into small square pieces. To each pound of fruit allow three-fourths pound of sugar; let the sugar stand on the fruit until it is dissolved, then put into the kettle and cook until the fruit is tender; skim out the fruit, add one pint of vinegar to the syrup, a few blades of mace, whole cloves and allspice tied in a bag; cook the syrup until it is thick, then put back the fruit and boil all together for a half hour. Put into jars, seal while hot.

Tomato Catsup.

One bushel of ripe tomatoes, six garlic bunches, one-half pound of sugar, one-half pint of salt, one and one-half ounces of pepper, one and one-half ounces of allspice, two ounces of mustard, two blades of mace, two ounces of green ginger, one-half ounce of whole cloves, one ounce of cayenne or fresh red pepper, one quart French brandy or alcohol. Put the tomatoes on to boil for two hours, then strain; return juice to kettle, and boil down to one and one-half gallons, boil down; add sugar, spices, etc., stir continually until well cooked; take from the fire and add the alcohol or brandy. Bottle and seal while hot. It takes five hours boiling.

Tomato Soy.

One peck of green tomatoes, one-half pint of salt, eight small onions, sliced, one ounce of ground cloves, one ounce of ground allspice, one ounce of ground pepper, one-fourth pound of mustard seed, two full tablespoonfuls

of ground mustard, one teaspoonful of cayenne. Slice the tomatoes and onions into an earthen vessel, between each layer sprinkle some salt and let it remain over night. Next day put in kettle, with the layers previously drained from the salted water; sprinkle over the spices and cover all with good cider vinegar and cook slowly for six hours. It is better with three pounds of sugar added.

Sweet Pickled Cantaloupe.

Cut a fine, large cantaloupe, not quite ripe enough to eat, into slices about an inch in thickness. Cover the slices with pure cider vinegar for twenty-four hours, then pour off the vinegar and measure it. To every quart of the vinegar add three pounds of brown sugar, one tablespoonful of cinnamon, one-half teaspoonful of cloves and one-quarter teaspoonful of mace (all powdered). Put in the kettle and boil together. As soon as the mixture boils add the slices of cantaloupe, cook together one-half an hour, or until the melon looks clear, pack in glass or stoneware jars. It will be ready to use in four weeks.

Pepper Catsup.

Four dozen peppers, boil them in two quarts of vinegar until soft, then strain and add one tablespoonful of salt, one tablespoonful of cloves, three tablespoonfuls of horseradish grated, three garlics and five onions, chopped fine. Boil one-half hour, add a little cold vinegar, and bottle.

Raspberry Vinegar.

Two quarts of berries, put into a stone jar and pour over one quart of best vinegar; after twenty-four hours, strain and pour the syrup over two fresh quarts of berries, then let it stand twenty-four hours; add one pound of sugar to every pint of juice, boil, cork and seal tightly.

Watermelon Pickle.

Take the rind of one good-sized watermelon, take off all the red part, place the rind in strong salt water, leaving it to soak in it for twelve hours. After, you remove the green part of the melon and cut the white part into small squares of about two inches. To one quart of vinegar, put three pounds of brown sugar, a few blades of mace, some stick cinnamon, a tablespoonful of cloves, two small pieces of ginger root and one teaspoonful of allspice. When the vinegar and spices are boiling add the melon and two lemons cut into thin slices, boil all these together for about fifty minutes or until the melon looks clear. Then put into stone jars or glass ones and seal.

Salads.

Americans are beginning to realize our wealth of green foods, and those that are suitable to be served as salads are decidedly good for the digestion and should be used more freely than they are. The term salad represents to many only lettuce. Delicious as lettuce is, yet it is only one of many green vegetables which are valuable for salads. Watercress salad has fallen from its place on account of our not knowing in the city where it was grown, as it has been found to have been gathered from streams the water not being absolutely pure, but if gathered in the country from fast-running pure water it is the most refreshing salad, dressed with salt, olive oil and a little vinegar, though the ideal way to eat it is with bread and butter and salt. Olive oil has most valuable properties, and we should use it more generally. Cheap olive oil is not pure in this country, but oil can be obtained pure from reliable stores. We learn every year more of the real value of olive oil; it is a good medicine. Remarkable cures are made in dyspepsia when its use is persisted in; human beings require the use of it in keeping all the mechanism in order. In countries where its use is general intestinal troubles are almost unknown; children thrive on it and grow fat and rosy. There seems no perfect substitute for olive oil, but cream can be used when the oil is not liked; no doubt the prejudice against the oil comes from the poor oils sold for "pure imported olive oil."

Melted butter can be used as a salad dressing, also cheese, well pounded with a little vinegar, salt and pepper and cream. The fat from the frying of ham is very appetizing poured over lettuce with the addition of a little vinegar heated in the fat.

In preparing lettuce and other delicate greens for salad they must be washed carefully and handled as little as possible. Tear lettuce leaves apart. Never cut any unless the Cos lettuce, which has to be cut. Drain from water and never add the dressing till the moment of serving.

Nearly every known vegetable can be used, when cooked and cold, in a salad. Use either the simple French dressing or a mayonnaise or a cream dressing.

The addition of minced cheese, onions, finely-cut chives, radishes, beets, etc., to the green salads add to their attractiveness and individual tastes can be consulted as to their use.

Asparagus Salad.

Trim off the hard part of the asparagus, tie into bunches; see that the stalks are of the same length; boil in salted water, drain and cool; when cold, place in the ice box; serve when needed, with a French dressing or with mayonnaise dressing.

Salad of Jerusalem Artichokes.

Slice one pint of cold boiled artichokes and add to them one tablespoonful of finely chopped parsley, one tablespoonful of tarragon or cider vinegar, three tablespoonfuls olive oil, one teaspoonful of salt, a little cayenne. Pour over the artichokes and let the salad stand an hour before serving.

Cold Green Beans.

Cook the beans until tender in salted water, then remove from the fire, drain and place on ice. When needed, serve with either a French or mayonnaise dressing. Cold beans left from dinner can be used the next day as a salad.

Apple and Celery Salad.

Two heads of good white celery, cut with the kitchen scissors into small pieces; this amount of celery should make one pint. Pare good, firm apples, cut into small cubes, to make one pint; mix together, then add a mayonnaise dressing, arrange on lettuce leaves. Tomato jelly can be cut into cubes and used as a garnish, the apples can be grated into the mayonnaise.

Calf's Brains as a Salad.

Whiten the brains in cold water; stew them in a little water, with one tablespoonful of vinegar, one onion, three cloves, one saltspoonful of salt, three pepper corns; simmer them for one-half hour, then drain when cold, cut in small pieces and pour over them a thick mayonnaise dressing; garnish with small green pickles.

Cheese Salad.

Rub together one-half pound of grated cheese, the yolk of one hard-boiled egg and one tablespoonful of olive oil; then add one saltspoonful of cayenne, one teaspoonful of salt, one teaspoonful of sugar, one teaspoonful of made mustard, three drops of onion juice, one tablespoonful of tarragon vinegar. Mix well together; one cupful of minced chicken is an improvement. Eat with bread and butter.

Carrots and Green Peas.

The carrots and peas must be young; cook them in a little water; when quite tender, take from the fire, drain and cut the carrots in thin slices; let them all cool. When needed, pour over them either a French dressing in which put one teaspoonful of lemon juice and one teaspoonful of sugar, or a mayonnaise with lemon juice. One tablespoonful of cream is an addition to the mayonnaise.

Chicory Salad.

Wash the chicory carefully through several waters, drain the leaves thoroughly and place in the salad bowl. Take two or three thin slices of breakfast bacon; fry until a light brown and crisp; cut into dice and drain on brown paper; season the chicory leaves with pepper and two tablespoonfuls of vinegar, mix chicory and bacon well together in the bowl.

Sour Cream Salad Dressing.

Have the cottage cream thick and cold. Stir in olive oil in small amounts, until the cream has taken up as much as it will; add one teaspoonful of salt, a little cayenne, and one tablespoonful of lemon juice.

Cucumber Jelly.

To serve with fish or for salad. Pare and grate four large green cucumbers; remove first, all the seeds. While you are preparing the cucumbers, soak one-half box of gelatine in one-half cup of cold water. By placing the cup over hot water it will dissolve quickly. Add to the grated cucumbers two teaspoonfuls of salt, two teaspoonfuls of onion juice, two teaspoonfuls of lemon juice or vinegar, and a small pinch of cayenne; then add the gelatine, which must be strained into the cucumber mixture; mix all thoroughly and pour into a small mold, which wet in cold water first; set on the ice to harden; when needed to use, remove from the mold and serve with either a French dressing of one tablespoonful of vinegar to three of olive oil, with salt and pepper added, or with a mayonnaise. In serving with fish a little finely chopped parsley can be sprinkled over the jelly.

Chicken Salad.

Boil one chicken in one quart of water with one onion, two pepper corns, a little salt, until tender; then remove from fire. When the chicken is cold, cut into small square pieces—the salad made of only the white meat is considered the finest, but if economy is studied the dark meat is equally good, and the salad is liked by many even better than when made with the white meat alone. Take celery, cut it in small pieces, add an equal quantity of the chicken, make a mayonnaise dressing, mix carefully with the chicken and celery; garnish with lettuce leaves or with celery leaves. The water in which the chicken was boiled should be saved for soup. A medium sized chicken will make enough salad for six people.

Salad of Celeriac or Turnip-Rooted Celery.

Boil the celeriac; when cold, take off the skin, cut in thin slices, dress them with one tablespoonful of vinegar and three tablespoonfuls of olive oil, one teaspoonful of salt and a little pepper, or use a mayonnaise.

Cauliflower Salad.

Prepare the cauliflower the same as for serving as a vegetable; drain carefully and place on the ice for some hours before serving; when required, pour over a mayonnaise dressing.

Cream Salad Dressing.

One pint of very thick sour or sweet cream; the yolks of six eggs well beaten, with one tablespoonful of sugar. Add these to the cream, then add one tablespoonful of melted butter, one saltspoonful of pepper, one-half saltspoonful of cayenne, one saltspoonful of mustard, one teaspoonful of

salt. Mix all well together and then add slowly four tablespoonfuls of hot cider vinegar. Put the mixture into the double boiler and cook until thick; be careful it does not curdle; when cold use on raw cabbage, lettuce or tomatoes, and on cooked cauliflower, beans and potatoes.

Dandelion Salad.

Select the white leaves from the inside, wash, then chill in ice water for half an hour. Drain and wipe, arrange in a salad bowl and serve with a simple dressing of salt, pepper, oil and vinegar.

Endive.

Wash the endive carefully, break into small pieces, drain and serve with either a French or mayonnaise dressing. This is an autumn and winter salad; it is healthful and excellent.

"F. F. V." Salad.

Take some ripe tomatoes, wash, drain and place on a bed of crisp lettuce leaves. Peel the tomatoes by dipping them quickly into hot water and then into cold water. Over the tomatoes put some finely shredded celery and some minced green peppers. Pour over all a French dressing.

French and Italian Dressing for Salad.

The formula for French dressing is three tablespoonfuls of olive oil, one tablespoonful of vinegar; this can be pure cider vinegar or a mixture of Chili, tarragon and cider vinegars. Mix the salt and pepper with the oil in the bowl. Add the vinegar and keep beating until it is well mixed, then pour it over the vegetables to be dressed so that all parts are covered. The Italian dressing is made without pepper. Sprinkle the vegetables—say it is lettuce—with salt, then pour over enough oil to coat the leaves, toss the leaves about, then add the vinegar. Six spoonfuls of oil to one of vinegar.

By placing a lump of ice in a bowl, then pouring over it the oil and vinegar, and mixing it well over the ice, the dressing will become quite thick.

Fruit Salad.

This is often served at the beginning of a luncheon. Take any fruits in season, remove all seeds, cut into small pieces, cover with sugar, put into a bowl and place on the ice to become very cold. When needed, fill small glasses with the fruits, mix with the liquor formed, a glass of sherry or maraschino, pour over the fruit. The wines can be left out and a little lemon or orange juice mixed with the syrup.

Grape Fruit Salad.

Cut the grape fruit in halves, take out the centers and serve, or fill the centers with a little rum, or with sugar, or with malaga grapes cut from the stem, cut in halves and seeds removed. Or the grape fruit can be served in small glasses, the pulp carefully removed in neat pieces, the juice of the fruit

mixed with sugar and the fruit kept on the ice until needed. Or a French dressing can be made and mixed with the pulp, using the grape fruit juice instead of vinegar.

Harlequin Salad.

Boil a young chicken in one quart of hot water. When cooked, take from the fire and remove the skin; when cold, cut all the meat into small pieces, season the chicken with one teaspoonful of salt, one saltspoonful of pepper. Cut two green peppers into shreds, be careful to remove all the seeds. Cut six large olives into small pieces; one teacupful of finely chopped nut meats —mixed nuts—one green cucumber peeled and cut into cubes, two hard-boiled eggs cut into pieces, one tablespoonful of lemon juice, one teaspoonful of onion juice; mix all these together an hour before serving. When required, pour over a mayonnaise dressing. Serve with thin slices of buttered white or brown bread. Use the water in which the chicken was boiled for a soup next day, remove any fat, season with salt and pepper, one teaspoonful of onion juice, one saltspoonful of grated nutmeg, one cup of cream; reheat; serve with toasted butter crackers.

Jardiniere Salad.

Cut into fine pieces, carrots, turnips, potatoes, green peas, green beans, beets; boil these together with one tablespoonful of butter in the water, until they are tender. Then remove from fire, drain and place on ice to become cold. When needed, pour over a French or mayonnaise dressing.

Lettuce.

Lettuce is the best and most useful salad, for it is to be obtained all the year; wash the leaves carefully, drain, arrange in salad bowl and pour over either a French or mayonnaise dressing. If an onion or garlic flavor is liked, rub the inside of the bowl with a slice of onion or a bruised garlic.

Lettuce Salad with Cream Cheese.

Look over the lettuce carefully; wash and drain well; make a French dressing of one tablespoonful of vinegar and three tablespoonfuls of olive oil; one saltspoonful salt, one-half saltspoonful of pepper; pour over the lettuce; rub the salad bowl with a bruised garlic clove, or slice of onion; make the cream cheese into little balls, roll them in minced parsley and serve with the salad.

A Pretty Salad.

Arrange slices of brandied or plain pineapple on a platter or silver dish, intersperse brandied plums or cherries or quarters of oranges or grape fruit. Have a border of lettuce leaves. Place in center of dish a mound of thick whipped cream, serve a plain French dressing with the salad.

Tomato and Pineapple.

Slice large tomatoes, one slice for each plate, in half inch slices. Place on each one slice of Hawaiian pineapple, or the fresh pineapple, cover with a

French dressing, serve very cold with hot crackers sprinkled lightly with cayenne.

Lettuce Salad with Cream Cheese and Chopped Nuts.

Prepare the lettuce as above. Mix with the cream cheese two tablespoonfuls of finely chopped nuts. Neufchatel cheese can be used and just broken into small bits and put into the French dressing. Roquefort cheese used in the same way. Serve with toasted crackers.

Lobster Salad.

Prepare the lobster for boiling as directed in cooking lobster, or if purchased cooked be careful to see that it is perfectly fresh. Cut the lobster into small pieces about an inch square. Pour over one tablespoonful of olive oil and one teaspoonful of vinegar; keep in a cold place until needed. Then mix in a little mayonnaise. Place on dish, smooth the top and pour over the balance of the mayonnaise. Sprinkle over the grated lobster coral, place around lettuce leaves.

Mayonnaise Dressing.

One egg, yolk only; be sure that it is perfectly cold. Stir the yolk, if it thickens and does not run over the bottom of the soup plate, stir into it drop by drop some olive oil, then put in the oil by half-teaspoonfuls; when as much of the dressing is made as will be needed, add one teaspoonful of vinegar or one teaspoonful of lemon juice, one teaspoonful of salt, one-half teaspoonful of pepper, a little cayenne. If desired, add another teaspoonful of vinegar. Keep the mayonnaise on ice until it is needed. One teaspoonful of dry mustard may be added to the yolk, if liked. Two tablespoonfuls of thick cream may be added just before serving, if a soft creamy dressing is desired.

Oyster Salad.

Scald fifty oysters in their own liquor, drain and let them cool, then pour over them a tablespoonful of vinegar, three tablespoonfuls of oil, add salt and cayenne, and let them stand two hours; then drain them from the dressing, place them on serving dish, cover with celery cut in small pieces. Pour over all a thick mayonnaise dressing, serve at once.

Orange Salad.

Two oranges, one-fourth pint of oil, one teaspoonful of vinegar, one saltspoonful of pepper, one-half saltspoonful of salt. Cut the oranges into thin slices; remove the rinds and seeds, mix the vinegar, salt, pepper and oil together and pour over the oranges. Serve with wild duck.

Prune Salad.

Wash and soak a pound of large prunes for three hours. Then cook until tender, and after they are cool, pit them and stuff with English walnuts. Shred one-half pound of lettuce. Make a nest of the lettuce and on this

put the stuffed prunes. Cover with a mayonnaise dressing and serve. This makes a good salad and will serve ten people.

Potato Salad—1.

Boil the potatoes in their skins; remove from the fire before they are quite done; they must not be "mealy" or "floury;" when cold peel and cut them in square pieces as nearly of one size as possible; add a few drops of onion juice, one tablespoonful of chopped parsley, and a French dressing of three tablespoonfuls of olive oil, and one tablespoonful of vinegar, one teaspoonful of salt, one-half teaspoonful of pepper. Let the dressing stand on the potatoes a half hour before serving.

Potato Salad—2.

Boil the potatoes in their skins, but be careful not to cook them until they break open; when cooked let them become cold before cutting them into small pieces; add one-half tablespoonful of onion chopped fine, one-half tablespoonful of celery chopped fine; mix these all well with the potatoes and pour over a mayonnaise dressing made as follows: Take the yolks of two eggs, stir into them one-half pint of olive oil slowly; when the dressing is smooth and thick, add one tablespoonful of mustard, a little cayenne, one saltspoonful of salt, one tablespoonful of vinegar, or more, if the dressing is too thick.

Potato Salad with Nuts.

After the potatoes are cooked, let them become cold; then add equal quantities of blanched walnuts cut into small pieces; add a small cupful of stoned olives; put over one tablespoonful olive oil mixed with one-half teaspoonful of vinegar, one teaspoonful salt, a little pepper; let this dressing remain on the salad for an hour or more, in the refrigerator. When ready to serve, add some good mayonnaise. Serve thin slices of bread buttered. Hickory nuts can also be used with the potatoes or a mixture of nuts.

Potato Salad. Wurtemburg.

Cook as many potatoes as needed for the salad; slice them in thin slices and set aside until the sauce is made. Take two tablespoonfuls of butter, put in a double boiler and when hot stir in one tablespoonful of flour, one tablespoonful minced onion; stir all gently, then pour in some boiling water until the sauce is of the consistency of sweet cream; add one teaspoonful of salt, one pinch of pepper, then one cupful of thick, sour cream; stir all well together and pour over the freshly cooked potatoes, saturating all the potatoes; then add some minced parsley and minced chives and let the salad cool.

Soyer's Mayonnaise.

Put one-fourth of a pint of meat jelly, which has been well seasoned with vegetables, into a bowl, placing the bowl on ice; whisk it until it is in a white froth; then add slowly a half-pint of olive oil with six teaspoonfuls of

tarragon or cider vinegar; keep on whisking until it is all a smooth white sauce—like cream; season with a very little salt, a little white pepper and one teaspoonful of sugar. Place in the salad bowl the chicken cut into small pieces, or the veal, or the vegetable you have for the salad and pile over it the mayonnaise; if kept on the ice, it will not melt.

Hot Potato Salad.

Fry to a light brown four tablespoonfuls of minced breakfast bacon. Strain out the bacon and fry in the fat a teaspoonful of chopped onion. Take the pan from the fire and stir into the fat an equal amount of vinegar seasoned with salt, sugar and a touch of cayenne. Beat well, return to the fire, add two tablespoonfuls of boiling water. The potatoes should be ready boiled, cut into dice and kept hot over boiling water. Turn them into the pan with the dressing and bacon dice, toss and stir lightly to coat them with the vinegar, etc., and serve.

Russian Salad.

This is made of a variety of cooked vegetables with one green pepper cut fine, some minced chicken or game, some capers, stoned olives, fillets of anchovy, a little caviar, chopped shallot, mustard and a French dressing. It is not possible to give exact quantities, but no one flavor ought to predominate in this salad.

Romaine Salad Dressing.

Grate half an ounce of onion; mix it with a teaspoonful of lemon juice, a saltspoonful each of salt and powdered sugar, a level saltspoonful each of white pepper and dry mustard, then gradually add three tablespoonfuls of oil and one tablespoonful of vinegar. Use for lettuce or tomato salad.

Romaine Salad.

A very delicious kind of lettuce. Prepare as directed for lettuce.

Spanish Salad.

One head of lettuce; wash and carefully look each leaf over; one cupful of finely chopped celery; two tomatoes sliced and one sweet pepper cut in fine pieces; be careful to remove all seeds from the peppers. Serve with a French dressing of one tablespoonful of vinegar, three of olive oil, one teaspoonful of salt.

Salad Dressing with Roquefort Cheese.

Break into small pieces three tablespoonfuls of Roquefort cheese; moisten with a little olive oil; let it soak in the oil for an hour, or less if needed; then mash the cheese, add to it a French dressing and put all through the sieve, so that the dressing will be perfectly smooth; use with lettuce or with tomato salads; serve with thin bread and butter or with buttered crackers.

Dressing for Lettuce, Tomatoes or other Salads.

One-fourth mayonnaise sauce, one-fourth chili sauce, one-fourth whipped cream, one-fourth French dressing. Mix these together carefully before serving.

Tomato Salad.

Select small, round, perfect tomatoes, wipe them dry, cut a lid from the top and scoop out a portion of the insides and all the seeds; cut some celery very fine; mix this well with mayonnaise dressing. Fill the tomatoes with this, placing a little of the dressing on the top; put in the ice box for an hour to chill the tomatoes; serve on lettuce leaves.

Salad of Tomatoes with Caviare.

Take two large tomatoes and slice them, cover the slices with a dressing made of some caviare, highly seasoned with paprika and lemon juice, and pour over a French dressing. Serve on lettuce leaves.

Tomato Jelly Salad.

Take three or four large tomatoes or several small ones, cut them in pieces, one onion cut in pieces, one saltspoonful of salt, one bay leaf, two cloves, one stick of celery, five peppercorns, a little cayenne, one teaspoonful of sugar, one tablespoonful of lemon juice and a small bit of the rind. Boil them together for twenty minutes, strain, soak one-fourth box of gelatine for an hour in a little cold water. As soon as the tomatoes are cooked, add the gelatine to them. Just before you strain them, stir well, that all the gelatine may be dissolved. Pour into one mold, or into little egg cups. Serve, when needed, with a mayonnaise dressing, to which add one-half pint of whipped cream. Turn out the jelly, pour over the dressing and sprinkle chopped parsley over all. Place the jelly on lettuce leaves.

Tomato Salad.

Remove the skins from the tomatoes by plunging them into boiling water and then at once into cold; slice the tomatoes evenly; place in salad bowl with some lettuce; pour over a French dressing; serve with toasted crackers.

Vegetable Salad.

Wash carefully one beet, one carrot, one onion, one potato, one-half pint of green peas, one-half pint of string beans. Cook these together until soft in boiling water with one teaspoonful of butter and a little salt; (cook the beet separately); when cold, peel and slice the vegetables and mix them together and pour over all a mayonnaise. Do not put the beet with the other vegetables until just before serving; garnish the salad with lettuce leaves.

Watercress Salad—1.

Watercress, to be perfect, should be freshly gathered, well rinsed in cold water, shaken thoroughly dry, seasoned with salt and eaten with thin slices

of white bread and butter. Some prefer a dash of lemon juice and a tablespoonful of olive oil, but it is finest served with salt only.

Watercress Salad—2.

Take nice, young watercress, cleanse thoroughly in salt and water and put in a salad bowl with a few sliced young radishes and four hard-boiled eggs cut into half quarters. Make a dressing of one tablespoonful of vinegar and three tablespoonfuls of olive oil, a little salt and cayenne.

Walnut and Peas Salad.

If fresh peas are used, have them cooked and carefully drained; if canned peas are used, have them rinsed in cold water, poured into a colander and drained; the canned peas are already cooked. Shell and blanch the walnuts by letting them remain in boiling water a few minutes and remove the thin brown skin; this requires time and patience; cut the nuts about the same size as the peas, sprinkle them with salt; mix the nuts and peas together, moisten with a mayonnaise dressing. Keep cool until served, tart apples, cut into small cubes can be added to this salad if desired.

Vinegar for Salad.

Mix together four tablespoonfuls of cider vinegar, two tablespoonfuls of tarragon vinegar, two tablespoonfuls of chili vinegar, one tablespoonful of celery vinegar, if convenient, put the mixture into a bottle and use one tablespoonful for French salad dressing with the olive oil.

Russian Salad Dressing.

Two parts Mayonnaise.
One part whipped Cream.
One part finely chopped Onions.
One-half part chopped Green Peppers.
One-half part chopped Pimentoes.
Two parts Caviare—Mix well together.

"The secret of thrift is knowledge. Knowledge of domestic economy saves income. Knowledge of sanitary laws saves health and life."

CHARLES KINGSLEY.

"The prosperity of a nation depends upon the health and morals of its citizens; the health and morals of a people depend upon the food they eat and the homes they live in. Good tempered, temperate, highly moral men cannot be expected from a race which eats badly cooked food, irritating to the digestive organs and unsatisfying to the appetite.

"The time will come when the same kind of care will be given to the food of a family as the raiser of the finest stock gives to his animals in order to make them as perfect of their kind as possible. The time has come when we have a science of domestic economy, but it must first be worked out in the homes of our educated women.

"There are cynical persons who profess to despise good living, but good, well prepared food certainly has its influence upon the mind and manners of man. Gastronomy is the science which cares for our nourishment from our birth to our death—its object is the preservation of man by providing him with the knowledge of preparing food that will best attain this end."

Breads, Biscuits, Etc.

Use if possible one of the "Bread Machines" in making bread.

Bread.

Sift three pounds of flour into the bread pan, add one teaspoonful of sugar, one tablespoonful of salt, add one quart of lukewarm water or milk, or half milk and half water, in which has been melted one tablespoonful of butter or lard, one cake of compressed yeast, dissolved in a little lukewarm water. Stir well together, beating hard. Set to raise for two and one-half hours, or two hours, then knead until it does not adhere to the board; make into loaves, put into pans, let it raise again one hour or one and one-half hours. Bake fifty minutes. Prick the surface of all breads just before placing in the oven.

Brown, or Graham, Bread.

Mix well together three pints of graham flour, one pint of white flour, one spoonful of salt, one-half cup of dark molasses, in which stir one-half teaspoonful of soda, stir until the molasses foams to the top of the cup; one-half cake of yeast dissolved in a little warm water, one tablespoonful of butter or shortening melted in the warm water which you use to make up the whole—the batter must be rather stiff—let all rise. When light, pour into tins—let rise again—do not stir again—bake rather slowly about three-quarters of an hour.

Boston Brown Bread.

Mix two cupfuls of Indian meal, two cupfuls of rye meal, one cupful of sweet milk, one cupful of sour milk, one cupful of molasses, one teaspoonful of soda, a little salt, add soda last. Boil steadily three hours in a well buttered mold. Place mold in a kettle containing boiling water.

Coffee Bread.

One quart of flour, one pint of milk, one-half cupful of butter melted in the milk, two eggs, two-thirds of a cupful of sugar, one-half a yeast cake dissolved in a little warm water. Mix together, and let it raise; when light, push it down in the pan; when again light, knead it, and add, if desired, a cup of stoned raisins or currants; put into the pans and when light bake. Just before it is done pour over a little thick syrup made of brown sugar and water mixed.

Crackling Bread—Virginia.

One and one-half cupfuls of cornmeal, three-fourths of a cupful of flour, one-half teaspoonful of soda, one saltspoonful of salt, sour milk enough to make a thick batter, stir into the batter one cupful of cracklings (the little brown scraps left when lard is made), make into a loaf, and bake in a hot oven.

Bread Puffs.

If the bread is light at breakfast or luncheon time, have some hot lard in a deep kettle, pull up some of the dough quite thin, cut in two-inch squares or lengths, drop them into the lard and fry. They are eaten at the table like biscuits, with butter or with syrup.

Whole Wheat Bread.

One pint of milk, one pint of boiling water, mix together and let it become lukewarm. Then add one yeast cake dissolved in two tablespoonfuls of tepid water, one tablespoonful salt—if home-made yeast is used, one cupful, add flour enough to make a stiff batter, beating well for fifteen minutes, then let the batter rise; when light add flour enough to make a dough stiff enough to mold. Mold, make into loaves and let them rise, when light bake one hour.

Souffle Bread.

Three eggs; mix the yolks of the eggs with three tablespoonfuls of flour, and to this mixture add one dessertspoonful of melted butter and enough milk to make a thick batter; mix this well together, then add one teaspoonful of sugar and one saltspoonful of salt, then add the three whites beaten very light and one teaspoonful of baking powder mixed with a teaspoonful of flour. Have the frying pan very hot, put in one tablespoonful of butter, pour in the batter which should be about as thick as spongecake batter, cover the pan and put it on the back of the range, if the fire is very hot; when the bread has risen very high, put it into the oven, removing the cover of the pan and let it brown; it will take about fifteen minutes. Turn it out of the pan carefully. Serve hot.

Third Bread.

One cupful of white flour, one cupful of rye flour, one cupful of yellow cornmeal, one teaspoonful of salt, three tablespoonfuls of sugar, one-half cake compressed yeast dissolved in a little warm water. Mix with milk (scalded and cooled), until it is thick enough to make into a loaf, let it rise until it cracks; put into the pan, when well risen; bake one hour.

Baking Powder Biscuits.

Two quarts of sifted flour, in which rub two tablespoonfuls of butter, or butter and lard mixed; one teaspoonful salt, and two teaspoonfuls of baking powder. Add enough milk to make a soft dough, roll the dough to half an inch in thickness, cut into small biscuits, and bake in hot oven.

Split Biscuits.

One pint of sweet milk, one egg, three tablespoonfuls of melted butter, two teaspoonfuls of sugar, one-half cake of compressed yeast dissolved in a little warm water. Heat the milk, but do not let it boil, pour it on the beaten egg, add melted butter, sugar, a little salt and flour enough to make

a stiff sponge. Set in a warm place to rise; when light knead in flour enough to make a stiff dough; let rise again, then divide the dough into two parts and roll out separately; spread over one-half of it some melted butter so that every atom of the surface is thoroughly greased, then lay the other half over the buttered one, and roll together to one inch in thickness. Cut in small biscuits with a tin cutter (one-fourth pound baking powder box can be used), let rise; when light, bake. Should be very light and puffy. Mix at nine in the morning if you want them for supper. Do not bake till just as you begin to serve supper, so that they may be hot.

Milk Biscuits.

Scald one large cupful of milk and then cool, when cool add one tablespoonful of butter, one teaspoonful of sugar, if you like a little salt, one-half cake of compressed yeast dissolved in a little warm water, about two cupfuls of flour. Let batter rise two hours, then add the white of one egg beaten to a stiff froth, then rise again; when light, make into biscuits; when these are light, bake about ten minutes in a hot oven.

Sour Milk Biscuits.

Two quarts of flour, four teaspoonfuls of baking powder sifted into it, then rub in one tablespoonful of butter, mix with one pint of sour milk in which put one teaspoonful of soda dissolved in a little warm water. Have the dough as soft as it possibly can be handled. Bake in a quick oven.

Sour Cream Biscuits.

Three tablespoonfuls of thick sour cream, into this put two-thirds of a cupful of sweet milk, one-half teaspoonful salt, two teaspoonfuls of cream of tartar and one teaspoonful of soda, stir in enough flour to make a soft dough—just stiff enough to roll out, roll and cut into small biscuits and brush them over with melted butter, bake twenty minutes in hot oven.

Bread Sticks.

For bread sticks any bread dough may be used, though that with shortening is preferred. When the dough is sufficiently kneaded to be elastic, put it into pieces the size of half an egg, and roll these pieces out on the pastry board with your well-floured hands into sticks a little thicker than a pencil and about a foot long. Lay these sticks on a floured baking sheet, and bake for an hour in a moderate oven until they are a pale fawn color and quite crisp. For salt sticks, dust them lightly with coarse salt as you take them from the oven, then return them for a minute to melt and glaze the salt.

Maryland Beaten Biscuit.

Take two quarts of flour, sift well into it two teaspoonfuls salt, mix into the flour two large tablespoonfuls of lard. Then mix one-half pint of water and one-half pint of milk, add gradually to the flour, stirring and beating all the time, only add enough to moisten the flour as the dough

should be very stiff. Knead five minutes, then beat, work with machine or with the hands, until the dough snaps when a small piece is taken off of it and air bubbles form on it. Work into small biscuits, bake in quick oven. Be sure to prick each biscuit two or three times before putting in oven.

Virginia Beaten Biscuit.

To each quart of flour, add two teaspoonfuls of salt, working it well through the flour, then add one tablespoonful of lard, work this well into the flour. Then add water or milk to make a stiff dough—work the dough until it presents a smooth surface and the dough snaps when pieces are pulled off from it. If it is desired that the biscuits should be uniform in size, roll out the dough in a sheet, cut out the biscuits with small cutter, then prick with a fork. Bake in quick oven about twenty-five minutes.

Sweet Biscuits for Afternoon Tea or Supper.

To have these biscuits ready for afternoon tea, they must be started by nine o'clock in the morning. Dissolve one yeast cake in four tablespoonfuls of lukewarm water, then stir into this enough flour to make a soft dough, make this into a little biscuit, cut it across not quite through however, drop it cut side up into a pitcher with a wide mouth and nearly full of luke warm water—the biscuit will drop to the bottom, but will in about twenty-five minutes rise to the surface. Meanwhile put into your mixing bowl, one pound of sifted pastry flour, make a hole in center of it, pour into this four tablespoonfuls of melted butter, one tablespoonful of sugar, three tablespoonfuls of warm milk and five eggs well beaten together. As soon as the biscuit comes to the top of the pitcher, lift it out and drop it into the bowl and with a wooden spoon or paddle beat all well together or until the dough is perfectly smooth, cover it and place in a warm place to rise. When it is light, dip out with a spoon enough of the dough to make a small biscuit, place this on a buttered baking pan, continue until all the dough is used.

Let them rise again. When needed for tea, bake in a hot oven about twenty minutes, when the biscuits are half baked, put over each some melted sugar, it will take one-half pound, dissolved in one tablespoonful of water. They should be very delicate and light. If needed for dinner or supper, set the dough about noon, if for luncheon early in the morning.

Buttered Cake Biscuits.

One pound of flour, sift this into a basin, make a hollow in the center and mix in it one cake of compressed yeast dissolved in one-half teacup of warm milk, then put the sponge to rise in a warm place; when the sponge has risen to twice its original size, add one-half tablespoonful of sugar, one-half teaspoonful salt, four tablespoonfuls of melted butter, and one-half teacup of milk; mix these well into the sponge, then add six eggs, beating in each egg separately, work all to a smooth paste, lightly cover, rise for

three hours in a warm place, then sprinkle the pastry board with flour, place the dough on it, divide into small portions, make these into small cakes, put them on the baking tins one and one-half inch apart, brush them over with beaten egg and let them rise for one hour, bake in hot oven; when baked, split them open without separating entirely; place a lump of butter in each biscuit and serve hot.

Buckwheat Cakes.

One quart of buckwheat flour, one tablespoonful of wheat flour, mix these into a batter with one pint of lukewarm water; dissolve one cake of compressed yeast in a little warm water and add to the batter (or one teacupful of home-made yeast can be used); add one teaspoonful of salt. Beat the batter well and put in a warm place to rise. Start the batter the noon before the cakes are needed, as it requires to rise several times and be stirred down each time to make really good cakes. Next morning if the batter is too thick thin it with a little warm water, add two tablespoonfuls of cream if convenient, and two tablespoonfuls of molasses and one-half a teaspoonful of soda dissolved in a little warm water. Keep one cupful of the batter to start the next cakes with. In winter, batter can be kept for several weeks.

"Good Friday comes this month, the old woman runs
"With a one-or two-a-penny hot cross buns,
Whose virtue is, if you believe what's said,
They'll not grow mouldy like the common bread."

—Poor Robin's Almanack, 1733.

English Hot Cross Buns.

Put two pounds of flour into a bowl with half a pound of sugar and a pound of well washed and dried currants, a teaspoonful of salt and one teaspoonful of mixed spices. When all are mixed together make a hole in the middle of the flour and put in half a cupful of good yeast or one compressed yeast cake, dissolved in half a cup of lukewarm water; add half a pint of lukewarm milk and mix in enough of the flour to make a batter as thick as cream, then cover and set in a warm place to rise for two hours. Then melt one-half pound of butter, add to the sponge with enough warm water to make a soft paste of all the flour. Cover and again set to rise for half an hour. Then shape into buns and lay them in rows, about four inches apart, on buttered tins. Let them rise half an hour; make the form of a cross on each bun with the back of a knife. Bake in a quick oven for twenty minutes.

These are seasonable on Good Friday, but can be used for Easter morning breakfast.

English Buns.

Sift into a large bowl one quart of flour, half a cup of sugar and one-half a teaspoonful of salt; dissolve one-fourth of a cup of butter in a generous half pint of warm milk, and add to the dry ingredients, with the yolks of two beaten eggs; add half a yeast cake dissolved in a little water, half a nutmeg grated and the whites of the two eggs beaten stiff; this should make a very soft dough; cover the bowl with a clean cloth, place it where it will keep warm, and let it rise over night. In the morning take pieces of the dough the size of an egg, and with a little flour, mold them into round cakes an inch thick. Place them on a buttered tin, leaving a little space between. Cover the tins and set in a warm place for the buns to rise; they should be double their original size. Bake them in a moderate oven about a half hour. When the buns are baked brush the tops with a thick syrup made of sugar and water.

Yorkshire Muffins.

Stir into two cupfuls of sifted flour a pinch of salt, three well-beaten eggs and two scant cupfuls of milk—beating with an egg beater until the batter is full of bubbles. Half an hour before the roast of beef is to be served pour a little of the dripping from the meat into a hot shallow pan, containing a number of hot greased muffin rings and fill with the Yorkshire batter. Serve when nicely browned as a border to the roast.

Brioche.

Take of your bread sponge which is made with potatoes and no milk, as much sponge as when flour is added, will make a lump the size of a large orange, let this rise.

Put eight eggs into a basin with one pound of butter, one teaspoonful of salt, one teaspoonful of sugar; beat all these together until smooth, then add to the lump of dough as it has risen; work these together for a long time, put to rise again, work it well, put to rise the second time and work it; then the third time; make into cakes like little pin-cushions and bake in a hot oven. If the cakes are for tea, do not add the eggs until noon; keep the dough cool, add very little flour, as the secret is to keep the cakes very soft. The whole process takes seven hours.

Cream Scones.

One and one-half teacupfuls of flour in which sift one teaspoonful of baking powder, one tablespoonful of sugar, mix these with one teacupful of thick cream. Make into a dough quickly, roll out into a thin sheet, cut into small cakes and bake in a hot oven on a buttered tin five minutes, turning them once.

Old Dominion Corn Bread.

The night before the corn bread is needed, put one-half cupful of cooked rice, one cupful of yellow cornmeal, into a large bowl with one tablespoonful

melted butter, a pinch of salt and one tablespoonful of sugar. Mix and pour over enough boiling (it must be boiling) water to make the mixture into a thick paste—beat well. Let this stand until morning. Then take one cupful of milk or cream, same measuring cup as used the night before, add to the milk three eggs well beaten together, two teaspoonfuls of baking powder dissolved in the milk, add when it is foamy. Mix these into the cornmeal paste stirring well but quickly, and place at once on two pie tins well greased and heated, into a hot oven, bake about twenty minutes or even less. Do not allow the batter to stand *at all* after the milk and eggs are added for the eggs will separate and form a custard on top if you do. It will also do this, unless the oven is *very* hot. The mixture may look very thin, but it is all right. Try this corn bread it is delicious, serve at once. Porcelain lined tins are the best for baking it in.

Corn Dodgers.

To one cupful of cornmeal, add one tablespoonful white flour, stir well together with one teaspoonful salt. Pour over boiling water enough to make a *thin* mush, add one tablespoonful melted butter, beat, beat, beat and beat, always beating upwards in order to put air into the mush, drop in small spoonfuls on buttered tins and bake.

Cornmeal Muffins.

Mix together one cupful of cornmeal and one and one-half cupfuls of white flour, sift in one teaspoonful salt, two tablespoonfuls sugar, two teaspoonfuls cream of tartar. Beat three eggs together until light, add them to two cupfuls of milk, stir this mixture into the cornmeal and flour, gradually so as to have no lumps in the batter, then add one teaspoonful soda dissolved in a very little warm water, fill the greased muffin tins two-thirds full, bake in hot oven.

Cornmeal Cakes.

One pint of cornmeal, scald it with hot water (about one cupful), add one tablespoonful of butter, one saltspoonful of salt, two eggs well beaten, and a very small cup of cream; grease a tin pan and bake the mixture as jumbles or drop cakes.

Custard Bread—Virginia.

Two cups of cold boiled rice, one cup of cornmeal, two eggs beaten together, two tablespoonfuls of melted butter, teaspoonful salt, enough milk to make a very soft batter. Bake one-half hour.

Virginia Corn Muffins.

Three eggs, three teacups of flour, three teacups of cornmeal, three tablespoonfuls of melted butter and lard (half lard and half butter), one saltspoonful of salt, one small teaspoonful of soda dissolved in a little warm water, enough sour milk to mix the whole into a thick batter, but not stiff

enough to drop from the spoon. Put in buttered tin in small rings or tins in the oven. This same recipe made thinner makes very nice waffles.

Corn Pone—Virginia.

Two coffeecups of meal, one quart of milk, four eggs, one tablespoonful of melted butter, one teaspoonful of salt, one teaspoonful of sugar. Beat the eggs thoroughly, add butter, sugar, salt and meal. Scald the milk, pour hot over the mixture, beat hard and pour at once into the pan. Bake quickly.

English Crumpets.

One pint of milk, one teaspoonful of salt, four ounces of butter, one-half yeast cake, three cups of flour. Scald the milk, let it stand until lukewarm, then add salt, then flour; beat vigorously, then the butter melted, then the yeast dissolved in a little warm water, beat again, cover and stand in a warm place until very light. Grease the rings, place on a hot greased griddle, fill each ring one-half full. Bake until brown, then turn. When wanted, toast on both sides, butter well and serve on a hot plate.

Cornmeal Mush.

One quart of boiling water; stir into this one and one-fourth pints of cornmeal mixed smooth with one pint of cold water, two tablespoonfuls of salt; stir until the mush is mixed. Cook at least two hours. If required for fried mush, fill little cans (empty baking powder tins will answer), as the mush can then be cut in round slices for frying; when cold, slice; dip each slice in bread crumbs and beaten egg and fry in deep, hot fat, or fry without the crumbs and egg.

Crescents.

Take some bread dough, when it is just ready for the pans, roll it out until very thin, then brush it over with melted butter, then take a small piece of the roll, roll towards you, pulling out the ends so that the middle is fat, make several revolutions, then bend into crescent shape, brush over again with melted butter, do this until your roll is all made into crescents. Place on a flat tin, let them rise and bake quickly.

Cornmeal Griddle Cakes—Very Old Recipe.

Put into a bowl one-half pint of cornmeal, one teaspoonful salt, one teaspoonful of sugar, mix together and pour over slowly one pint of boiling water, beating all the time, so there will be no lumps, then let the mixture cool. When it is perfectly cold, add one-half pint of white flour with one teaspoonful of baking powder sifted into it, then add two eggs beaten together until very light. Bake on hot greased griddle. The cakes must be thoroughly cooked and brown. Put a little soft butter on each cake and sprinkle grated maple sugar over them, pile them up and serve at once. These cakes cut into wedge-shaped pieces may be remembered by some from their childhood days.

Potato and Cornmeal Muffins.

Make a mush with two cupfuls of sifted cornmeal, using either one cupful of hot milk, or hot water. Stir the water or milk slowly into the meal so there will be no lumps, add one teaspoonful salt, two cupfuls of mashed potatoes left over or freshly cooked. Soften and thin the potatoes with one cupful of hot milk, then stir together the mush and potatoes, add one-half teaspoonful of nutmeg (not necessary if objected to)—the batter must be thin so that it drops from a spoon. Lastly add two eggs, beaten until light, and one tablespoonful of either melted butter or lard. Put into muffin tins, or small popover tins in hot oven and bake thirty minutes.

Hunter's Bread.

Take two pounds of bread dough just as it is ready for the oven, roll it out to one inch in thickness. Cut into very small pieces two pounds of steak (not cooked), season the steak with salt, a little pepper and bits of butter, cover the upside of the dough with the meat, then roll it up just as you would roll a jam roly-poly; see that the ends are fastened securely for the gravy must not be let to run out; put the bread roll into a deep pan and bake for two hours. This is excellent for a picnic, or for the children's lunch basket, and valuable for a hunter's basket, when he starts off on a long hunt, as it will keep fresh two or three days.

Scotch Roll for the Lunch Basket.

Chop any cooked meat you have quite finely, season with salt and pepper and a little minced parsley, mix into the meat the white of one egg. Make into a long roll, by flouring your fingers and rolling the meat in bread crumbs, till they adhere all over it, then bake the roll for one-half hour, basting it with melted butter to which add a little hot water.

Wheat Flour Muffins.

Put two cups of flour in which sift two teaspoonfuls of baking powder, one-half teaspoonful of salt, one tablespoonful sugar, into a bowl, pour over two cups of milk. Stir slowly so there will be no lumps, when well mixed, add two eggs, beaten together, and one tablespoonful of melted butter. Have the muffin tins warm and greased and fill them two-thirds full. Bake in hot oven. Any muffins left can be split, toasted and buttered for afternoon tea.

Muffins.

One cup of flour, three-fourths cup milk, two tablespoonfuls of butter, one tablespoonful of baking powder, one teaspoonful salt, two eggs; melt the butter, stir into the milk—add flour in which sift the baking powder and salt—bake in small tins.

Quick Wheat Flour Muffins.

One large tablespoonful of butter, two cups of sweet milk, four whites of eggs, one teaspoonful of baking powder, two cups of flour, a little salt.

Bake in muffin rings on the griddle, which has been rubbed with a little butter, the griddle must be hot; turn the muffins with cake turner.

Warm the milk just enough to melt the butter, then stir it into the flour in which sift the baking powder and the salt. Strain all through a sieve so as to have no lumps in the batter and then add the whites of four eggs, beaten until very light—just fold them into the batter. Very good for afternoon tea, spread each muffin with soft butter.

Drop Fritters.

One pint of boiling milk, one pint of flour, three eggs, salt. Pour the boiling milk on the flour, beat until very smooth, add salt, when cool add the eggs beaten separately. Drop by spoonfuls into hot deep fat and fry.

Griddle Cakes of Stale Bread.

To one pint of stale bread crumbs add one quart of boiling milk, one tablespoonful of melted butter, one teaspoonful of salt. Soak the crumbs in the milk, then beat the mixture until it is smooth, add the yolks of two eggs, then enough flour to make the batter stiff enough to bake, sift into the flour two teaspoonfuls of baking powder, then add the two whites beaten light. Have your griddle very hot and greased with a slice of salt pork, or with a little lard.

English Muffins.

Five pounds of flour, make into a soft dough with two pints of milk and two pints of water the temperature being 104° F. Add one ounce of salt, one-half ounce of sugar and two ounces of yeast, or two cakes dissolved in the water. Mix well until very tough, then put in a warm place for one hour, then knead again and allow to rise for another hour. Now divide into pieces of two and one-half ounces each, bake on a griddle moderately hot. When well cooked butter generously.

Virginia Hoe Cake.

Three eggs, one cup of cornmeal, one pint of milk, two tablespoonfuls of melted lard or butter, one teaspoonful salt; mix these all well together, have your griddle hot, grease slightly; bake the mixture in large cakes, turn and brown. In making hoe cake, beat the meal and milk together for at least ten minutes before adding the eggs, etc.

Lapland Cakes.

Lapland cakes are a peculiar, delicate, delicious cake of the popover kind. They are made with a much larger quantity of eggs than the ordinary wheat popovers. Beat the yolks of five eggs thoroughly and stir them into a pint of sweet cream. Do not use a heavy, thick cream for this purpose. Pour the mixture on a pint and a quarter of pastry flour sifted with half a teaspoonful of salt; beat the batter well and fold in carefully the whites of five eggs beaten to a stiff froth. Fill the buttered cups of stoneware half full and bake the cakes three-quarters of an hour in a quick oven.

Pancakes.

Stir one pint of sour milk or buttermilk into one pint of flour slowly so that there will be no lumps in the batter, add one teaspoonful of salt and to the milk add one-half teaspoonful of soda dissolved in a little hot water, about one tablespoonful, before using all the milk, beat into the batter the yolks of three eggs, then the rest of the milk, then one tablespoonful of melted butter, add lastly the whites of the eggs beaten until light, the milk must be thick and sour, but pour off any whey on it.

Adirondack Pancakes.

One quart of sour milk, add flour enough to make a thick batter. Let this stand twenty-four hours; add then two eggs well beaten; a little salt, one-half teaspoonful of soda, dissolve soda in one tablespoonful of warm water; bake on hot greased griddle.

Graham Popovers.

Half a pint of sifted Graham flour, half a pint of sifted wheat flour, one tablespoonful of sugar, half a teaspoonful of salt, and a teaspoonful of butter, melted. Beat the whites and yolks together and beat the batter vigorously with a patent egg beater. Pour the batter into buttered cups of stoneware. They should rise, like all popovers, to four times their original size. If they are baked in an ordinary muffin pan or even in a heated iron gem pan, they will not rise in this way. Wheat popovers are light and about double in bulk baked in gem pans; in stone cups they are four times the bulk.

Popovers.

Pastry flour is the most desirable, but the best bread flour will answer. Sift two cups of flour with half a teaspoonful of salt. Add gradually two cups of milk, and when a smooth batter, mix in two beaten eggs without separating the whites and yolks. Add a teaspoonful of butter, melted. Beat the batter thoroughly; pour it at once into the cups of stoneware, well buttered. Do not fill the cups more than half full. Bake the cakes in a hot oven until they rise far above the edges of the cups and hang over them in a rich brown crust. These cakes are nice for breakfast when served with maple syrup, or simply as muffins with butter. They are often served as a plain dessert with sweetened cream.

Parker House Rolls.

Two quarts of flour, one teaspoonful of salt, one-half cake of yeast, one-fourth teacup of sugar, one-half teacup of lard, one pint of milk. Boil the milk, melt in it the lard, sift the flour into a deep basin, make a hole in the center, stir in the yeast, dissolved in a little water, then put in the milk after it is cool; let it stand over night without mixing; in the morning mix well and let it rise, and when light, work it together again; when light, roll out the dough until one-half inch thick, cut into biscuits or rolls, fold together and let them rise again.

Rice Crumpets.

Scald a pint of milk and when lukewarm, add half a cake of compressed yeast, dissolved in half a cup of water; stir in a cup of freshly cooked rice that has been well beaten while warm to break the grains; four ounces of melted butter, salt, and three half pints of sifted flour; beat hard, cover and stand in a warm place until light. They will require not more than three hours to rise. Grease large muffin rings and bake on hot griddle. Butter and serve quickly.

Raised Scones.

Take dough prepared for raised biscuits; when light, roll about an inch thick, sprinkle thickly with currants, pressing them into the dough. Bake in a round tin; score almost through the dough in four parts and slightly wet these cuttings to prevent their adhering. Pour melted sugar on the outside.

English Crumpets or Pikelets.

Three pounds of flour, to which add one-half ounce of bicarbonate of soda—sift it into the flour. Mix one and one-half ounces yeast or two yeast cakes in one quart of warm water at 105° F. Mix into a dough batter and stand it, in a warm place, for one hour or until the batter has risen and dropped again. Then add one teaspoonful of salt, stir until the batter toughens, let it remain still for twenty minutes, then dissolve three-fourth ounce of cream of tartar in one gill of milk and add gently to the batter. Have griddle hot, very hot, then put pieces of the batter on it. When the crumpets are full of holes turn over and bake on the other side.

Baking Powder Biscuit.

One quart of flour, two teaspoonfuls of baking powder, a lump of butter or lard the size of an egg, one pint of milk. Rub the butter or lard into the flour, add one teaspoonful of salt, put in the milk gradually, roll out the dough about an inch thick, cut with small biscuit cutter and bake in hot oven for ten minutes; the quicker the biscuits are put together, the lighter they will be.

Sally Lunn—Virginia.

One large cup of mashed potatoes, one pint of milk, one pint of water, four eggs, one piece of butter the size of a walnut, a little salt, two tablespoonfuls of yeast or one-half a cake of yeast dissolved in a little water. Mix to a thick batter and let all rise until light before baking.

Pumpkin Waffles.

Take enough pieces of raw pumpkin or squash to make one cupful when boiled, boil in slightly salted water until tender, then drain and mash through a sieve, season with one saltspoonful of salt, add one well beaten egg and one cupful of warm cream. Dissolve one-half a yeast cake in one-half cupful of lukewarm water, add to the mixture with one tablespoonful of melted

butter, then add four cupfuls of flour, then enough sweet milk to make a thick batter. Allow the mixture to rise until light, then beat down the batter, add one teaspoonful sugar, a pinch of grated nutmeg and one teaspoonful ground ginger. Let the batter rise again for twenty minutes, have the waffle irons hot and well greased, and bake the waffles. Serve with powdered sugar, mixed with a little cinnamon.

Boston Tea Cakes.

Two cups of flour, two eggs, one cup of sweet milk, one tablespoonful of melted butter, one teaspoonful of soda, two teaspoonfuls of cream tartar. Mix and bake quickly.

Waffles with Rice—Virginia.

One quart of flour, one quart of sour milk, one teaspoonful of soda, four eggs, one tablespoonful of melted butter, three tablespoonfuls of boiled rice. Put the flour in a bowl, stir into it the milk, in which dissolve the soda, then add the melted butter, then the eggs well beaten, lastly add the rice. Have the waffle iron hot and greased with a little piece of salt pork. Sweet milk can be used, the soda omitted and one teaspoonful of baking powder substituted.

Virginia Waffles—1.

One teaspoonful of salt, one-half pint of flour, one pint of sweet milk, two eggs, one teaspoonful of baking powder; stir milk and yolks together (beat the eggs separately), then add slowly the flour, in which sift the baking powder; lastly fold in the beaten whites. Have the waffle irons hot and greased with a bit of salt pork or butter.

Virginia Waffles—2.

One quart of sour milk or buttermilk, one-fourth pound of melted butter, six eggs, two cups of flour, one teaspoonful of soda, one teaspoonful salt. Put the milk into a bowl, add the melted butter, then the flour, gradually, dissolve the soda in the milk, add the eggs well beaten, then the salt, beat all well together; have the waffle iron hot and greased with a little piece of salt pork.

Yeast.

Three large pealed potatoes, cook in one quart of water, when cooked, mash very fine, put with them one-half cup of white sugar, two tablespoonfuls of salt, add one-third cake of compressed yeast dissolved in a little warm water, when the quart of water has cooled, add the potatoes, etc. Set in a cool place in summer, a warm place in winter. It will be ready for use in twenty-four hours. When fresh yeast is needed, and you already have some liquid yeast, one teacup of the liquid is used in place of the compressed yeast.

Toast.

Rather stale bread makes the best toast. Cut about one-third of an inch thick, put on the toaster and hold over the fire first to dry the bread, then

closer to the fire to brown it, remove from fire and butter each slice, or serve it just hot and dry.

Buttered Toast.

Prepare as plain toast, dip each slice very quickly into salted hot water, remove at once and spread with butter, have the butter soft and serve hot.

Cream Toast.

Toast as many slices of bread as needed, place in a deep hot dish and pour over some hot cream in which put one-half teaspoonful of salt, one spoonful of butter, repeat this until the dish is full, then pour any cream left into a small bowl and use if more is needed.

Milk Toast.

Put into the double boiler one quart of milk, when warm, stir in two tablespoonfuls of flour, moistened into a thin paste with a little cold milk. Stir well and when it thickens, add one teaspoonful salt and let all cook for twenty minutes, then add two tablespoonfuls of butter, stir well—and pour over the slices of toast which you will prepare as by directions for toast. While the milk is heating, place the slices of toast in the dish in which it is to be served before adding the sauce.

Toasted Crackers, Pilot Bread, Water Crackers.

Pilot is the large water cracker, water crackers are smaller. Soak as many as are needed, in cold water for ten minutes, then take from the water, and drain for an hour, when needed toast them over a clear fire, or brown them in a baking pan in a hot oven, remove when brown and spread with soft butter. These crackers are nice with afternoon tea, or served with fish, especially salt fish.

French Toast.

Baker's bread is the best for making this toast, cut twelve slices of bread not quite an inch in thickness, remove the crusts.

Beat two eggs together, add two cupfuls of milk, a teaspoonful of salt, dip each slice of bread in this mixture, drain and fry in hot fat in the frying pan, good beef dripping answers nicely. When browned on both sides, remove from pan and serve hot. French bread is very good served with any steak, or roast, also with syrup for a simple dessert.

Fried Bread Crumbs.

Dry several slices of bread, in the oven, then roll into crumbs. Have in frying pan some hot beef dripping or lard, throw in the crumbs, fry very quickly, turn them all the time, when brown, take from the pan, drain from all fat, dry them.

Cakes.

General Directions for Cake Making.

All materials for cake must be of the very best. Before commencing, see that the oven is right for properly baking the cake—one very good test for the right heat, is to place in the mouth of the oven a little flour; if it browns in five minutes, the heat is right. Another is to hold the bare hand without being inconvenienced in the oven for one second; if the oven is too hot the cake will rise and then fall; if piece of white paper colors a light brown in five minutes after it is put in the oven, the oven is right for all rich cakes. Cake made without butter, or with very little butter, requires a hotter oven than a rich cake; thin cakes require a hot oven. Never jar the oven while the cake is baking. Before commencing to mix the batter, have all the materials ready, the pans greased, the flour sifted twice, the granulated sugar sifted, the eggs counted and separated.

First cream the butter, and add to it the sugar gradually. When these are light add the yolks well beaten. Where there is not enough butter to make the mixture creamy, add a part of the yolks, and after, the balance. Then add the milk, then the flour, measured after sifting, and in it sift the baking powder, then add the flavoring and one saltspoonful of salt; lastly the whites beaten until stiff. These should be folded into the batter. In mixing cake an upward beating motion is better than stirring, as more air is introduced into the mixture. If the cake is not to be iced, a thin sprinkle of powdered sugar over the batter, just before baking and when in tins will give a smooth surface. To know if the cake is done, stick a broom straw into the cake, if it comes out clean, the cake is done. All fruit should be lightly floured, and stirred into the batter at the last.

Always line a cake pan with paper. The medium weight yellow paper, used for wrapping, can be bought for ten cents a roll. Grease the paper, not the pan, except on the edges.

Exactness in measuring is absolutely necessary.

When a recipe calls for a "cupful of anything" it means one-half a pint, tin measures holding just this amount can be purchased at any house furnishing store.

Loaf cakes require about an hour to bake. Layer cakes and small cakes about twenty-five minutes.

To clean currants and other small fruits, place them in a strainer and sprinkle thickly with flour. Rub them well until they are separated, and the flour, grit, and fine stems have passed through strainer. Then place the strainer and currants in a pan of water and wash thoroughly. Lift the

strainer and currants together and change the water till clear. Dry between towels and pick over carefully. Fruit should not be washed just before using in cake. When washed leave in a warm place all day to make sure it is thoroughly dry and put away in closely covered tins.

Angel Cake.

Beat the whites of eleven eggs until very light, sift into the whites a little at a time one and one-half tumblerfuls or ten ounces powdered sugar, mix carefully and lightly, then add one tumblerful or five ounces of pastry flour which has been sifted four times with one teaspoonful of cream tartar, then sift into the sugar mixture a little at a time, and very lightly. When all the flour is used, add one teaspoonful of vanilla extract, put the batter into a new tin, which must not be greased or lined. Bake the cake in a moderate oven for three-fourths of an hour, test it with a broom straw, if the straw comes out clean the cake is done. Open the oven doors, let the cake remain in the tin and oven mouth to cool gradually. When the cake is quite cold loosen it from the sides of the tin and turn it out. Ice with a plain icing or boiled icing. The success of this cake depends upon preserving its lightness. If the eggs are beaten stiff, the flour sifted several times and carefully stirred in, the cake will be a success. Do not open the oven door for fifteen minutes after the cake has been put in.

Black Cake.

Bake Black Cake in a porcelain baking dish, if possible. The cake baked in a tin often becomes very dry and hard outside, from the long time necessary to properly bake it.

Put into the crock with black cake, a thick slice of bread; when very stale, another slice; this will keep the black cake fresh and moist.

Black Cake—1.

One pound of sugar, one pound of butter, one pound of flour, four pounds of stoned raisins, four pounds of well cleaned currants, one pound of chopped citron, twelve eggs, two wine glasses of wine, two wine glasses of brandy, one tablespoonful of cloves, cinnamon, molasses, one nutmeg. Bake three hours.

Mix the butter and sugar together until light, then add the yolks of the eggs beaten light, then the flour, then the whites beaten very stiff, then the fruit (retain a little of the flour to sprinkle over the fruit), then the spice and liquor.

If the fruit is well warmed in the oven before adding to the batter, it will not sink to the bottom of the pan.

Black Cake—2.

Five pounds of raisins, stoned, three pounds of currants, two pounds of citron chopped fine, one pound of butter, one pound of sugar, one pound of

flour, ten eggs, two ounces of cinnamon, three nutmegs, one ounce of cloves, one ounce of mace, two glasses of whiskey, two glasses of wine. This recipe makes three loaves; bake four hours. Mix the butter and sugar together until light, then add the yolks of the eggs beaten light, then the flour, then the whites beaten very stiff, then the fruit (retain a little of the flour to sprinkle on the fruit), then the spice and liquor.

Bread Cake.

One cup of butter, two cups of powdered sugar; work these together until very light, then add two tablespoonfuls sweet cream, three eggs well beaten. Take two cups of very light bread dough, work into it with your hand until all is mixed smoothly, the above mixture, then add one pound of stoned raisins, one-half teaspoonful of cloves, one teaspoonful of cinnamon, one-half a nutmeg, one small teaspoonful of soda dissolved in a little water, one glass of brandy; let all raise twenty minutes before baking. Bake in a moderate oven for one and one-half hours.

Blueberry or Whortleberry Cakes.

One-half cup of butter, one and one-half cups of sugar, four cups of flour, one cup of milk, two eggs, one teaspoonful of soda, two teaspoonfuls of cream of tartar, two cups of berries. Mix butter and sugar together, add the eggs, beaten together, then the milk, then the soda dissolved in a little milk, then the flour, in which sift the cream of tartar, lastly add the blue berries. Bake in a shallow tin and serve warm.

Black Fruit or Wedding Cake—Baltimore.

It is better to begin your preparations for this cake the day before baking. First, seed and quarter four pounds of the best malaga raisins, to seed these, dip them first in boiling water and dry, then remove seeds. Wash three pounds of best currants and dry them. Put one and one-fourth pounds of flour in oven and brown, until of a decided brown color. Blanch and cut up finely one and one-half pounds of almonds. Cut into narrow strips one and one-fourth pounds of citron, one-fourth pound of candied orange peel. Mix these well together, only leave out the citron. The next morning, cream one pound of butter and one pound of sugar together until very light (reserve one-fourth pound of flour to dredge over the fruit), then add twelve eggs well beaten together, add two wine glassfuls of brandy, one wine glassful of sherry, put in one cup of dark molasses, one teaspoonful of soda in the molasses. Keep on stirring until the molasses is all foamy and runs over into the cake mixture. Now put with the one-fourth pound of flour, one teaspoonful of cinnamon, one nutmeg, grated, one-half teaspoonful of powdered mace, one-fourth teaspoonful of cloves, two teaspoonfuls of fine salt, thoroughly dredge the fruit with this mixture. Stir into the rest of the cake mixture until both are well blended. Have your tins lined with several thicknesses of kitchen or brown paper well buttered—put a layer of the batter,

sprinkle over a layer of citron, so on until the tins are two-thirds full—the last layer must be of the batter. Bake, beginning with a slow heat and increasing it for five hours.

When cool ice the cakes with a plain boiled icing or with any other icing. This cake will keep for a year or more, and improve with age.

Caramel Cake—1.

Make a custard of eight tablespoonfuls of grated chocolate, yolk of one egg, one-half cup of sweet milk, one cup of sugar; boil all together until thick and add one tablespoonful of vanilla when cold.

Part Second.

One cup of brown sugar, one-half cup of butter, yolks of two eggs, one-half cup of sweet milk, two and one-half cups of flour, two teaspoonfuls of baking powder, beat well together, and then add the custard and beaten whites of three eggs. Bake in layers and put together with caramel filling.

Caramel Filling.

Three cups of brown sugar, two cups of cream, two tablespoonfuls of butter; cook until thick. Water can be used instead of cream.

Caramel Filling for Layer Cake—2.

Boil together three-fourths cup of cream, one-half cupful of sugar, one tablespoonful butter, one saltspoonful of soda, when this threads—or makes a soft ball when a little is dropped into cold water, add four tablespoonfuls of caramel, one teaspoonful of vanilla and beat until cool, then spread on the cake. To make the caramel: Take four tablespoonfuls of sugar, place in pan on fire and melt, stir well until it is quite brown, but not burnt.

Cocoanut Cakes.

Beat the whites of three eggs until very light, then stir into the eggs, one-half pound of powdered sugar and three tablespoonfuls of grated cocoanut, add a pinch of salt. Stir all well together, have a flat baking tin well buttered. Take teaspoonfuls of the cocoanut mixture, mold into little cakes, and place on tin and bake until a golden brown.

Chocolate Cake.

One and one-half cups of brown sugar, one-half cup of butter, cream until light together, add one-half cup of sour milk, in which dissolve one teaspoonful of soda. Beat two eggs, separately, add yolks to mixture, then add two cups of flour in which put two tablespoonfuls of grated chocolate, one-half cup of hot water, then the beaten whites of the eggs, bake in jelly cake tins.

For the filling: Boil until it strings one cup of brown sugar in one-fourth cup of water, with one tablespoonful of butter. Stir well when cool, spread on the cake.

Chocolate Eclairs.

Put into double boiler five ounces of flour, one-half pint of boiling water, stir flour in gradually so as to have no lumps, then put on back of stove—do

not let it burn—for ten minutes to thoroughly cook. Remove from fire and let the mixture cool—when cool, add four eggs, beating them in singly and thoroughly, add one teaspoonful of vanilla. Have a flat baking tin, slightly greased, put the eclair mixture on it in spoonfuls and bake in a hot oven for ten or fifteen minutes. When baked set aside to become cold, then cut hole in side and fill with this mixture. Put two ounces of butter in stewpan with one ounce of sugar and one ounce of flour, the yolk of one egg and two tablespoonfuls of milk, stir and keep stirring until it thickens, not boils—remove from fire, when cold fill the eclairs and cover them with boiled frosting in which put one tablespoonful of powdered chocolate—the eclairs can also be filled with whipped cream, made as follows: One pint cold milk in double boiler and boil, in another pan put two ounces powdered sugar, six ounces flour, one-half ounce cornstarch, two eggs, beat these well together for five minutes, when the milk boils, add it to this mixture slowly, return to fire and let it come to a boil, remove from fire and add one tablespoonful of vanilla, mix, let cool, when cold fill the eclairs, or they may be filled with the following:

A delicious filling for eclairs, to take the place of the thick custard ordinarily used, is a boiled icing, beaten in proportions of "half and half," with whipped cream. The icing is made by boiling, without stirring, one cup of granulated sugar, with five tablespoonfuls of water. When the syrup spins a hair, it should be instantly taken from the fire and poured over the stiffly beaten white of one egg. The mixture is then beaten till cold, and one tablespoonful of lemon juice added; the whipped cream is then stirred in lightly, and any flavoring used which may be preferred. The lemon juice is merely to counteract the excessive sweetness.

Crackers for Afternoon Tea.

Take Boston water crackers, the kind that pull apart easily. Soak them in ice cold water, until they are so soft, they can just be handled, in fact take them out of the ice water with a cake turner, place them in a large shallow pan, cover with melted butter, have very hot oven. These crackers will puff up and become crisp and are very good. When they are crisp, remove from oven and serve. They can be used as shells for preserves or for creamed oysters.

Connecticut Election Cake.

Sift eight cupfuls of flour into the mixing bowl, dissolve yeast cake in two tablespoonfuls of water. Heat one pint of milk with one and one-half cupfuls of sugar, let the milk cool to lukewarm, add the yeast and stir it into the flour, make a smooth batter. Cover the bowl and let the mixture rise, if made early in the morning, it will be light by eleven o'clock—or let it rise over night. When light, mix three and one-half cupfuls of butter and two cupfuls of sugar together until light, add to the yeast mixture, beat all

together until smooth and light, then add four well beaten eggs. Beat them into the batter, then add two grated nutmegs, one-half pound of finely-cut citron, one pound of stoned raisins and one wine glass of brandy, beat all and place in four well greased cake tins—let rise again, then bake in slow oven, it may take over one hour, but try with a straw before removing from the oven.

Brandy Snaps.

One pound of flour, three-fourths pound of sugar, one pint of molasses, five ounces of butter, one-fourth ounce of powdered ginger. Make the molasses hot, melt the butter in it, mix the flour, ginger and sugar in a basin, stir the molasses and butter into it. Leave this mixture until the next day, then roll out very thin, cut into rounds, and bake on well-floured tin.

Chocolate Custard Cake.

Break two eggs in a large cup, and fill the cup with cream, and beat well together. Mix one cup of sugar, one tablespoonful of butter, one and one-half cups of flour, two teaspoonfuls of baking powder, well together, then add the cream and eggs, bake in two tins, like jelly cake; when baked put between the layers a thick chocolate custard.

For the custard take half pint of milk, one square of chocolate grated, one teaspoonful of cornstarch, two eggs, put the milk in the double boiler; when boiling add the cornstarch dissolved and a little cold milk, the eggs well-beaten, half a saltspoonful of salt, and the chocolate; stir carefully; when thick remove from fire, add half teaspoonful of vanilla. When cold, spread on cake.

Chocolate Cookies.

Two and one-half cups of powdered sugar, three-fourths cup of flour, one bar Baker's chocolate melted, four eggs, one and one-half teaspoonfuls of baking powder; bake in long pan in a slow oven and when done, cut into squares. When spreading the batter it will facilitate matters to wet the knife frequently in hot water to prevent the dough adhering to it. The cookies are better the second day.

Clove Cake.

One pound of sugar and three-fourths pound of butter, beaten together until light, then add the yolks of four eggs well beaten and one cupful of thin sour cream, the grated rind and juice of one lemon, one teaspoonful of powdered cloves, one wine glassful of brandy, one-half a grated nutmeg, one teaspoonful of baking powder, dissolved in one tablespoonful of water, one pound of flour, one cupful of English walnuts, chopped fine and then the well beaten whites of four eggs. Bake in a long tin, so the cake can be cut in squares. Spread over each square, boiled icing.

Cocoanut Cake.

One pound of grated cocoanut, one pound of sugar, one-half pound of butter, one-half pound of flour, six eggs, two teaspoonfuls of baking powder,

mix the butter and sugar together, until light; then add the yolks, well beaten, then the flour, in which put the baking powder; then add the grated cocoanut; lastly the whites beaten until stiff; bake in shallow tins, ice when cold; reserve one-fourth of the cocoanut to put on the icing.

Cup Cake.

One cupful of butter, creamed with two cupfuls of sugar until very light, then add the yolks of four eggs, beaten until light, then gradually one cupful of milk, then sift in three cupfuls of flour with two teaspoonfuls of baking powder, then the four whites beaten light, stir these in gently, flavor with one-half a grated nutmeg, or with the grated rind and juice of one lemon. Part of this recipe can be baked in one loaf and the balance in little cakes.

Coffee Cake.

Dissolve one cake of yeast in one-half cupful of lukewarm milk, add this to one and one-half cupfuls of flour, one-half teaspoonful of salt, one cupful of milk, beat all to a smooth batter, then let it rise until light. Cream together one-half cupful of butter and one-half cupful of sugar, when light add two eggs beaten together, and the grated rind of one lemon. When the sponge is light, add this mixture, adding enough flour to make a soft dough. Let it rise again to double its first size, then divide into three parts, do not knead the dough but very little, put each part into a shallow buttered pan and let them rise again to double their size. Then bake and when half done, pour over the tops, two tablespoonfuls of melted butter, then sprinkle each cake with three tablespoonfuls of sugar and a little powdered cinnamon mixed, and bake thirty-five minutes.

Little Cup Cakes.

One cupful of sugar, one-fourth cupful of butter, two eggs, one-half cupful of milk, one and one-half cupfuls of flour, one teaspoonful of baking powder, a little salt, flavor with vanilla or lemon. Beat the butter and sugar together, add the yolks well beaten, then the milk, then one-half the flour with the baking powder, then the whites well beaten, with the balance of the flour; bake in little tins, and ice the cakes.

Cookies.

Cream one cupful of butter with two cupfuls of sugar, when light add three eggs, beaten together until light, then add one cupful of sour cream and one teaspoonful of soda, dissolved in a little warm water—lastly flour enough to make a stiff batter, one that will roll on the pastry board, but make it as soft as possible. When rolled out thin, sift over some coarse sugar, cut into small cookies and bake in hot oven quickly.

Cocoanut Cookies—1.

Two cupfuls of sugar and one cupful of butter creamed together, add one cupful of milk, stir in the milk slowly, then add the yolks of three eggs

with the white of one egg, beaten together until light, then one cupful of grated cocoanut and lastly three cupfuls of flour in which sift two teaspoonfuls of baking powder, put the batter in a large shallow, well buttered baking pan, spread it evenly and bake in moderate oven. As soon as baked—remove from oven, cut the cake into small squares. Make an icing of one cupful of sugar and one-fourth cupful of water boiled together until a little of the syrup makes a soft ball, in cold water, then stir well and put with it, the white of the egg beaten until very light, one-fourth cupful of grated chocolate and one cupful of grated cocoanut—ice the little cakes with this mixture.

Cocoanut Cookies—2.

One cup of butter, cream and add two cups of sugar, when well beaten, add one cup of milk, one cup of grated cocoanut, three cups of flour, in which mix two teaspoonfuls baking powder, lastly the whites of four eggs, beaten very light. Bake in a square biscuit tin or tins, when cool cut into squares and ice, with icing made with the whites of two eggs beaten very light and one cup of powdered sugar, add to the icing one cup of grated cocoanut and one-fourth cake of Baker's chocolate grated.

Kiss Cookies.

One-half cup of butter creamed, add one cup of sugar, beat well until light, then add two tablespoonfuls of milk, two eggs well beaten together, then two cups of flour in which sift one teaspoonful baking powder. Drop batter in spoonfuls on buttered tins.

Cornstarch Cake.

One-half pound of cornstarch, one-half pound of flour, one-half pound of butter, one pound of sugar, six eggs, one-half teaspoonful of soda, one teaspoonful of cream of tartar, one small cup of milk. Dissolve soda in a little vinegar, mix butter and sugar together until light, then add the yolks well beaten, then the milk, then the flour, then the cornstarch; put the cream of tartar into the flour, then add the soda, lastly fold in the whites which should be very light.

Crullers.

Four eggs beaten separately, one cup of milk or cream, one cup of butter, two cups of sugar; mix the butter and sugar together, put one teaspoonful soda in the milk and two of cream of tartar in the flour. Use flour sufficient to roll out the batter one-third of an inch in thickness, make into small rings and fry in hot, deep lard.

Delicate Cake.

Two cups powdered sugar, one-half cup butter, three cups flour, three-fourths cup milk, two teaspoonfuls baking powder, six eggs—whites only. Cream the butter and sugar together, then add the milk, then the flour, in which put the baking powder, lastly the eggs; flavor with either lemon or almond extract.

Sour Cream Cake.

One cup of sour cream, one and one-half cups of sugar, three cups flour, one small teaspoonful soda, three eggs; mix all together quickly and bake.

Devil Cake.

One cup of grated chocolate, two-thirds cup of dark brown sugar, one-half a cup of sweet milk, one egg,—yolk only; mix these together and cook in the saucepan until thick, then cool and add one teaspoonful of vanilla. Take one cup of brown sugar, one-half cup of milk, one-half cup of butter, two eggs, two cups of flour, one spoonful of soda, dissolved in the milk, beat butter and sugar together, add the milk, eggs and flour, then add the first mixture (when it is cool), and bake in square shallow tins; when baked, ice with the following: Put into double boiler one cupful of boiling water, one-half tablespoonful of butter, two cupfuls of brown sugar, one-fourth cake of grated chocolate, boil together until the mixture thickens a little, then remove from fire and stir until it is thick enough to spread over the layers of cake, then place the two layers together.

Doughnuts.

In frying doughnuts or crullers, make the amount of flour a little less (two tablespoonfuls), and when all mixed, place the mixture on the ice to harden, then roll it out quickly and fry the cakes, they will be more delicate—cookies made with a little less flour than usual, the paste chilled and rolled and cut out very quickly, will be found more tender and delicate than in the old way.

Doughnuts—French.

Put into the double boiler, one-half cupful of butter, when hot, add one large cupful of flour in which sift one-half teaspoonful of baking powder, then add one large cupful of boiling water and stir all until the paste becomes dry and does not stick to the sides of the boiler; take from the fire and beat in one at a time three eggs, then add one tablespoonful sugar and the grated rind of one lemon, beat until perfectly smooth: Turn all on to a floured pastry board and roll the paste into a half-inch sheet in thickness; cut out finger shaped pieces—join these into a circle—and drop into very hot lard—fry until brown—or done— remove and sprinkle over powdered sugar in which put a little powdered cinnamon. In frying the doughnuts, do not crowd them in the fat.

Doughnuts.

One scant cupful of butter, one and one-half cupfuls of sugar, beat these together until light, then add two cupfuls of milk, two eggs beaten light, and half of a yeast cake, dissolved in a little water, half a nutmeg grated and flour enough to make the dough. Let the dough rise; it must be as soft as it can be handled. When light, roll it out to half an inch in thickness, cut into small balls; let these rise, then fry in deep, hot fat, when cooked sift over powdered sugar.

Fig Cake.

Two cupfuls of sugar, one cupful of butter, one cupful of sweet milk, three cupfuls of flour, one pound of sliced figs, two teaspoonfuls of baking powder, eight eggs (whites only); flavor with vanilla, a little salt. Take some of the flour to sprinkle over the figs. Mix butter and sugar together, add the milk, then the flour, in which sift the baking powder, then the whites beaten stiff, then the figs and vanilla.

Fried Cakes.

Two well beaten eggs, one small tablespoonful of melted butter or lard, one cup of sugar, one pint of sweet milk, one quart of flour, three teaspoonfuls of baking powder. Mix the butter and sugar together, add the eggs, the milk, the flour in which sift the baking powder, make into small cakes and fry in very hot lard.

White Fruit Cake.

Cream one pound of butter with one pound of sugar until very light, then add the yolks of ten eggs, beaten until thick and light, then add one pound of sifted pastry flour, in which sift two teaspoonfuls of baking powder, then add one pound of blanched and shredded almonds, one grated cocoanut or one pound dessicated cocoanut, lastly the whites of ten eggs, beaten until very light. Line a cake tin with greased paper, pour in the mixture and bake in a moderate oven for one hour. It may require longer time. When the cake is cold ice with cocoanut icing.

Ginger Bread.

Take one-half cupful of butter, mix with one-half cupful of brown sugar, when well mixed, add one-half cupful of sour milk, and one-half cupful of black molasses, in which before adding, put one teaspoonful of soda, beat this into the molasses until it fills the cup and runs over, then add one and one-half cupfuls of flour, one tablespoonful powdered ginger, one teaspoonful powdered cinnamon, which can be omitted, then drop into the batter two unbeaten eggs, just beat them in lightly, bake in a shallow greased tin, about twenty minutes. This ginger bread is very good served hot with cream for a simple dessert.

Ginger Snaps.

Let one cupful of molasses come to a boil, then add one teaspoonful of soda, let this cool. Mix one cupful of butter with three-fourths cupful of sugar, add two eggs, well beaten together; add the molasses and two tablespoonfuls of cold water, one teaspoonful of cinnamon, two tablespoonfuls of ginger, one-half teaspoonful of cloves, one-half teaspoonful allspice, add enough flour to the mixture so that it can be rolled out very thin; cut into rounds with cutter, bake in hot oven.

Gold Cake.

One cupful of sugar, three-fourths cupful of butter, two cupfuls flour, one-fourth cupful of milk, one teaspoonful of baking powder, eight eggs—

yolks only. Beat sugar and butter together, add the yolks, then the milk, then the flour, in which sift the baking powder and a little nutmeg.

Frivoles.

Three eggs, beaten until very light, add one pinch salt, one teaspoonful baking powder, flour enough to make a stiff paste and three drops of vanilla.

Roll out the paste until it is as thin as a wafer, prick holes in the paste, cut it into small squares. Fry these squares in hot lard until they turn a light brown, remove from fat and sift over them powdered sugar.

Hickory Nut Cake.

One and one-half cupfuls of sugar, one-half cupful of butter, three-fourths cupful of milk, two cupfuls of flour, whites of four eggs, two teaspoonfuls of baking powder, one cupful of finely chopped hickory nuts. Beat butter and sugar together until light, then add the milk, then the flour, in which sift the baking powder; then add the whites beaten until stiff, last the hickory nuts; bake in two shallow pans.

Hermits.

One and one-half cups of sugar, one cup of butter. Sugar and butter stirred to a cream, three eggs well beaten together, one-half cup New Orleans molasses, one teaspoonful of soda, dissolved in two teaspoonfuls of warm water, one cup of seeded and chopped raisins, one cup of currants, one cup of chopped nuts, five cups of flour, one teaspoonful of mixed spices, cinnamon, nutmeg. Bake in small cakes by dropping in spoonfuls on a buttered tin.

Soft Icing.

One-half pound of powdered, sifted sugar, one tablespoonful of boiling water, one tablespoonful of fruit juice. Spread at once on cake.

Icing for Cake.

White of an egg, one tablespoonful of lemon juice, one tablespoonful of vanilla, one cup of powdered sugar. Beat together and spread on the cake.

Boiled Icing.

One cupful of granulated sugar, one-third cupful of boiling water, boil until the sugar spins when dropped from edge of a spoon; beat the white of one egg very light, add the boiling sugar slowly and keep beating for at least ten minutes to insure smoothness.

Jelly Cake.

One cupful of sugar, one-half cupful of butter, beat these together until creamy, add the yolks of two eggs well beaten and one cupful of milk slowly; then add three cupfuls of flour in which sift two teaspoonfuls of baking powder, lastly add the whites of two eggs well beaten, bake in jelly cake tins. It will make two large or three small layers, bake in hot oven. When cool, spread jelly over each layer.

Jumbles.

One-half pound of butter, one pound of sugar, three eggs, a little salt, flour enough to make a paste that will roll out very thin. Beat butter and sugar together until light, then add the eggs, salt and flour. Cut out with cutter with a hollow center.

Little Cakes.

Cream together one-half cupful of butter and one and three-fourths cupfuls of fine sugar, add two eggs beaten together until light, then one-half cupful of milk, and then two cupfuls of flour, in which sift two teaspoonfuls of baking powder, one-half a nutmeg grated and one cupful of well washed currants, this mixture should make eighteen little cakes, baked in small tins.

Frosting for Little Cakes.

One cupful of sugar and one-half cupful of water boiled together until the syrup strings when dropped from a spoon, then beat while hot into the beaten white of one egg, until thick and smooth.

Sponge Cake, Jelly Roll.

Beat until light the yolks of five eggs, then add one cupful of sugar, beat with the eggs until light, then add the whites of five eggs beaten very light, and lastly put in one cupful of flour, which sift twice, with two teaspoonfuls of baking powder, then add the juice of one lemon—the lemon can be omitted as the jelly will be acid, if currant jelly is used. Bake on flat tins well buttered, when baked lift on molding board, sift some sugar on molding board, put on it the cake, spread on the upside some jelly, then roll up the cake.

Layer Cake.

Cream one-half cup of butter with two cups of sugar until very light, add one cup of sweet milk, the yolks of three eggs beaten until light, then add three scant cups of flour in which sift two teaspoonfuls of baking powder, then add the whites of three eggs beaten until stiff, bake in four tins, when cool and ready to serve, spread each layer with whipped cream, flavored with vanilla extract.

Lady Fingers.

One pound of sugar, ten eggs, one-half pound of flour, one lemon, beat the yolks of the eggs and the sugar together until the mixture looks foamy and creamy, then add one-half of the whites beaten stiffly, then add the flour, then the balance of the whites, then the lemon juice. Bake in quick oven. Bake in the little lady finger tins.

Lady Cake.

Cream one-half cup of butter with one and one-half cups of sugar, when light, add slowly one-half cup of sweet milk; sift together one and one-half cups of flour and one-half cup of cornstarch, with two teaspoonfuls of baking powder. Beat the whites of six eggs until very light, add to the batter,

alternating with portions of the flour until all are used, last add one teaspoonful of bitter almond extract.

Lemon Icing.

The juice of one lemon, stir into it powdered sugar enough to form a soft paste. Spread on the cake.

Loaf Cake.

One quart of flour sifted before measuring, one pint of sugar, one-half pound of butter, three eggs, two gills of water, one-half a grated nutmeg, three teaspoonfuls of baking powder; cream the butter and sugar together, add the yolks well beaten, then the cold water and nutmeg. Sift the baking powder into the flour, add to the mixture, and lastly add the whites well beaten. Bake in two well greased tins; have a good quick oven. Be careful not to jar the cake while it is baking; bake for thirty minutes; test with a broom whisp.

Maple Sugar Cake.

Prepare the batter the same as for chocolate cake.

Maple Sugar Filling for Cake.

One and one-half pounds of maple sugar, two eggs (whites), one tablespoonful of water, boil the sugar and water together until it threads or spins, then stir into the well beaten whites slowly.

Macaroons.

One-half pound of almond paste, four whites of eggs, three-fourths pound of sugar. Mix eggs and paste gradually, add sugar, beat well till very light. Butter a pan, drop on the paste in spoonfuls, sift sugar on. Bake in a moderate oven twenty minutes. First sugar, then paste and a little egg.

Madelaines.

One-half pound of butter, one-half pound of sugar, one-half pound of flour, four eggs. Beat the butter and sugar together until light, add the yolks well beaten, then the flour; lastly, the whites beaten until stiff. Bake in small tins.

Nut Cake.

One cup of butter, beat with two cups of sugar until creamy, then add three-fourths of a cup of milk and five eggs well beaten together. Sift two teaspoonfuls of baking powder into three cups of flour, reserving one-half cup to sift over fruit, one cup of stoned raisins and one cup of chopped mixed nuts, then add the flour and the fruit, bake in one good-sized tin, and ice with boiled icing.

Oatmeal Cakes.

One-half cup of butter, three-fourths cup of sugar, cream together, then add one cup of oatmeal, one teaspoonful baking powder, one-half teaspoonful of salt, add two eggs beaten together, one teaspoonful of vanilla. Bake like cookies on buttered tins in slow oven.

A Plain Cake to be Eaten Warm or While Fresh.

One cup of sugar, one-half cup of butter, one and one-half cups of flour, two-thirds of a cup of milk, one egg, one and one-half teaspoonfuls of baking powder, one saltspoonful of salt, one cup of stoned raisins or currants. Beat butter and sugar together, then add the egg well beaten, then the milk and the flour in which sift the baking powder, then the fruit. Bake in one loaf.

Pound Cake.

One pound of butter, one pound of sugar, one pound of flour, ten eggs, one nutmeg, if liked. Cream the butter and sugar, add the yolks well beaten, then part of the flour, then part of the whites, beaten stiff, then the rest of the flour and whites. This batter by beating for thirty minutes, after it is all well mixed, will keep for several days or even weeks if kept covered and in a dry, cool place; only when it is required do not even stir it, but just bake as it is—in little tins or large ones.

English Plum Cake (Shropshire).

One pint of milk, one teacup of sugar, four ounces of butter, flour enough to make a soft sponge, as for bread, with one-half cake of yeast. Put the sugar dry into the flour, melt the butter, pour in the milk and yeast dissolved in a little water, and set sponge to rise. In the morning add any fruit you wish—one full cup currants washed and dried, one cup of raisins, one-half cup of citron shredded, a little powdered cloves and cinnamon. Knead it up as stiff as for bread; when light, bake in slow oven. When done wrap in a damp cloth; keep a damp napkin under the loaf.

Queen Cake.

One pound of sugar, creamed with three-fourths of a pound of butter, when light add five yolks of eggs, beaten until very light, then add one-half pound of flour with one teaspoonful of baking powder sifted with it. Mix together one wine glassful of sherry, one wine glassful of brandy, one wine glassful of cream, with half a grated nutmeg; put into the batter, then add one pound seeded and cut raisins, one pound of well washed currants, one-half pound of flour, the mixture of wine, etc., then the whites of the eggs, beaten until light. Bake in two tins lined with buttered paper. When cool, ice with a plain icing.

Plunkets.

Cream one-half pound of butter, when soft add gradually one-half pound of sugar, when light add the yolks of five eggs, beaten to a cream, beat all together for at least ten minutes; then add four ounces of flour mixed with two ounces of cornstarch and one teaspoonful of baking powder all well sifted together three times, add to the other mixture, when mixed add the whites of the eggs beaten until very light, then the grated rind and juice of one lemon. Bake in small patty-pans.

Sunshine Cake.

Whites of eleven eggs, yolks of six eggs, one and one-half cups of powdered sugar, measured after sifting; one cup of flour, one teaspoonful of cream of tartar. Beat whites until light, add the sugar, then the yolks, well beaten, then add the flour. Bake like angel cake.

Sponge Cake—Very old Recipe.

Mix the yolks of three eggs with one-half pound of powdered sugar. Beat the whites of three eggs until very stiff. Sift one-fourth pound of sifted flour in which put the grated rind of one lemon and one saltspoonful of salt. Now mix together the yolks with the sugar mixture and the flour and whites, a little at a time, the last of the whites, only stirred once around at last. Add the juice of one lemon. Put buttered paper on the bottom of tin, place the cake mixture in hot oven for ten minutes, then cover with paper and bake three-fourths of an hour in slow oven. The cake should be a light brown with two sides and ends all caramel.

Sponge Cake.

One pound of sugar, separate ten eggs, beat the yolks until light, then add one-half the sugar and beat that into the yolks. Beat the ten whites until light, add the balance of the sugar, beat well, then pour in the yolk mixture and beat all well, then fold in gently one-half pound of flour, add the grated rind and juice of one lemon, or two teaspoonfuls of almond flavoring. Bake in two loaves, in tins lined with buttered paper. If a crusty top is desired, sprinkle over the loaves when half baked some granulated sugar, then finish the baking. Ice with boiled frosting, if desired. These directions followed exactly will result always in a perfect sponge cake.

Spanish Buns.

One pound of flour, one-half pound of butter, one-half pound of sugar, four eggs, one pint of milk, one-half nutmeg, one glass of wine, one cup of yeast or one cake of compressed yeast dissolved in a little water, one cup of currants, one-half teaspoon of soda. Put the flour in a bowl, stir in the milk in which the butter has been melted, add the sugar, the eggs well beaten, the nutmeg, wine, the soda dissolved in a little water, the currants, lastly the yeast. Mix all well together and set to rise in the pans before baking; the pans must be shallow ones.

White Mountain Cake.

One pound of sugar, one pound of flour, one-half pound of butter, six eggs, one teaspoonful of soda, two teaspoonfuls of cream of tartar, or three teaspoonfuls baking powder, one cup of sweet milk, lemon. Bake like jelly cake. Spread frosting on each layer and put layers together. Beat butter and sugar together until light, add yolks well beaten, then the milk, in which dissolve the soda; then the flour, in which mix the cream of tartar, then the whites.

Velvet Sponge Cake.

Two cups of sugar, five eggs, one cup of boiling water, two and one-half cups of flour, one tablespoonful of baking powder. Beat the yolks a little, then add sugar and beat fifteen minutes, then put in the whites very firmly beaten, then add the boiling water, then the flour. Bake in one loaf.

Silver Cake.

Two cups of sugar, one-half cup of butter, eight eggs (whites only), two and one-half cups of flour, one and one-half teaspoonfuls of baking powder, three-fourths cup of sweet milk, juice of one lemon. Beat the sugar and butter together until light, add the milk, then the flour, in which sift the baking powder, then the lemon juice, lastly, the whites beaten very stiff.

Prince of Wales Cake.

One cup of brown sugar, one-half cup of butter, two and one-half cups of flour, three eggs (yolks); use the whites for frosting; one cup of sour milk, two tablespoonfuls of molasses, one-half teaspoonful of cinnamon, one-half teaspoonful of cloves, one-half nutmeg, one teaspoonful of soda, one-half pound of raisins chopped fine, one-fourth pound of citron, cut fine. Mix the butter and sugar together until light, add the yolks well beaten, then the sour milk, then the flour, then the molasses, then the soda dissolved in a little warm water, then the spices, lastly the fruit. Bake like jelly cake and then put together with boiled frosting.

Sand Tarts—Bermuda.

One pound of sugar, one pound of flour, one-half pound of butter, one-half cup of sweet milk, one teaspoonful of baking powder, sifted with the flour, two eggs, leave out the whites. Stir the butter and sugar until light, add flour, milk and yolks; work until smooth. Roll out a little of the dough at a time quite thin, cut with a knife in squares. Mix one-half pound of blanched almonds, one-half cup of granulated sugar, one-half cup of cinnamon, whites well beaten together, place on the squares this paste—bake quickly.

Royal Icing.

Use the best confectioner's sugar, sift it until perfectly fine. Take the whites of two eggs, beat them slightly, then add the sugar gradually, adding a little lemon juice from time to time. A very little cornstarch improves this icing. When the icing is perfectly smooth and will spread on the cake without running, it is ready for use, and should be used at once. Place a lump on the center of the cake and spread it over the cake with a palette knife; dip the knife every now and then into cold water, then ice the sides of the cake, commencing at the bottom.

Almond Icing.

Grind fine one pound of blanched almonds and one pound of fine sugar; mix both together; add enough white of egg to make all into a soft paste.

Beat well, add one-half teaspoonful of almond flavoring, then spread on the cake and cover all with a royal icing.

Fondant.

To make a small quantity, which is better to do at first, take one-half pound of sugar, two tablespoonfuls of cold water, one-half teaspoonful of cream of tartar; place in a perfectly clean saucepan and let all dissolve gradually, stirring it all the time; then place the saucepan on the hot fire and boil very fast; do not stir it; have a cup of cold water ready, and after ten minutes fast boiling of the sugar drop into it a little of the syrup, if it will roll into a soft ball between your thumb and finger it is done, take from the fire and let the syrup cool. When cool, beat it hard with a wooden spoon, until it is a soft, creamy mass. Should the fondant become sugary, return it to the fire and add a few spoonfuls of cold water and proceed as before. Keep the fondant in a jar until required. When needed, place the jar in a saucepan half filled with boiling water and stir the fondant until it is soft, then spread or pour it over the cake or cakes. The fondant can be made any desired color by the colorings sold for the purpose, and flavored as desired.

Wafers to Serve with Afternoon Tea.

Cream together one cup of butter, two cups of brown sugar, beat until light, add one cup of milk, three and one-half cups of flour, beat well, add one teaspoonful powdered ginger. Butter generously a flat baking pan, spread on it this mixture smoothly, sprinkle over some pulverized nuts, bake slowly, as soon as done, cut into squares and take from pan.

Sandwiches

How to Make.

Sandwiches may be made of white, brown or Graham bread. The bread should be at least twelve hours old and close grained. Spread each slice lightly and evenly with butter or mayonnaise dressing, as may be required, before cutting from the loaf; lay the slice on a flat surface to be spread with the sandwich mixture; over this place another spread slice of bread and press them together with a broad-bladed knife. They may be cut into various shapes, the square, triangular or diamond form being the most in use. Round sandwiches are made by using a large sized biscuit cutter. Slices cut into squares large enough to roll make another variety.

Sardine Sandwiches.

Sandwiches in any form are always welcomed. The following are a little different from the regulation sandwiches. Remove the skin and bones from some sardines then chop and add a small strip of cooked ham chopped very fine. Mix with these some paprika and made mustard, a little tomato or walnut catsup and just enough vinegar to make the mixture into a thick paste. Spread a thin slice of bread with butter and with a layer of the mixture. Lay another slice of buttered bread upon this and again cover with the mixture. Repeat with three or four slices of bread, then take off all the crust and cut through the bread into thin slices.

Broiled Sandwiches.

A broiled sandwich is unusual and is exceedingly good, as well as being a means of using underdone beef. Spread thin slices of Graham or white bread with butter and place between the slices rare beef chopped fine and seasoned with salt and pepper. Place the sandwiches in a double broiler and brown the bread over a clear fire slowly, so that the meat shall have time to become heated. Lay the sandwiches upon a hot dish and brush the tops with hot butter. A horseradish sauce is often served with these sandwiches.

Cheese Sandwich to Serve with Salad.

Cut thin slices of bread in finger lengths; butter them and cut thin slices of Swiss cheese same length and place between the slices; season the cheese with a little cayenne; dip the sandwiches in melted butter, place in the oven for a few minutes or until the bread is brown. Serve hot with any salad.

Potted Cheese Sandwiches.

Pound together one-half pound of Cheshire cheese and five ounces of butter, a pinch of sugar. Stir into a stiff paste with a little white wine and spread evenly on hot toast.

Caviare Sandwiches—1.

Spread caviare on bread and butter or on buttered toast, squeeze lemon over, and add a trifle of cayenne pepper.

Caviare Sandwiches—2.

Take a small box of caviare, turn it into a shallow dish and beat into it alternately, a little at a time, lemon juice and olive oil, and stir until you have a thick, white paste. Spread it thickly on bread. Over this scatter some finely chopped olives.

Cream Cheese Sandwich.

One cup of English walnut meats chopped very fine and mixed with enough cream cheese to make a paste. Add a little salt and spread on very thin bread.

Celery Sandwiches.

Boil two eggs fifteen minutes, throw them into cold water, remove the shells and rub the eggs through a course sieve, add to them a cup of finely chopped celery and enough mayonnaise dressing to season it and make a paste. Spread on buttered toast.

Cherry Sandwich.

Candied cherries chopped fine and moistened with a little wine. Spread the mixture between water thin biscuits.

Chicken Sandwiches.

Chop the white meat of cold boiled chicken very fine, and mix with it enough highly seasoned mayonnaise dressing to make a paste, add to this a few chopped olives and spread between buttered slices of bread. Another chicken filling is made by chopping the chicken fine with half as many blanched almonds as you have meat; season with salt and a dash of cayenne pepper. Moisten with a little cream until it is thin enough to spread good on brown bread.

Hot Cheese Sandwiches.

To prepare slice the bread very thin and cut in rounds with a large sized biscuit cutter. Put a thick layer of grated cheese between the two circles of bread, sprinkle the cheese with salt and cayenne and press the circles of bread together. Fry them in a skillet in equal parts of hot lard and butter. Brown on each side and serve hot.

Fish Sandwiches.

Graham bread is especially good for fish sandwiches. To make a sardine sandwich take three sardines and remove the skin and bones. Put them in a bowl with one teaspoonful of anchovy paste, the yolks of three boiled eggs, two tablespoonfuls of olive oil and the juice of half a lemon. With the back of a spoon rub this mixture to a paste and spread on bread.

Hot Sandwich.

Graham or white bread can be used; cut into rather thick slices and lightly toast them, cutting after into fancy shapes. To three-quarters of a cup of chopped ham or tongue, add a little grated cheese, some chopped parsley, a tablespoonful of cream and the yolk of a beaten egg. Mix these ingredients well together and spread thickly upon the toasted bread and sprinkle a little grated cheese over the top. Place the pieces in a baking pan, put them into a hot oven and brown well.

Deviled Ham Sandwiches.

One can of deviled ham, soften with rich cream and one glass of sherry. Spread on thin bread and butter.

Plain Ham Sandwiches.

Slices of thin bread, well buttered, put on one slice thinly cut boiled ham, place another slice of bread on top.

Lettuce Sandwich.

Cut the bread very thin and stamp into rounds with a biscuit cutter; spread thickly with mayonnaise dressing, and lay white crisp lettuce leaves on the dressing between the slices, letting the lettuce leaves come beyond the slices; press the upper piece of bread over the lettuce and trim the leaves with sharp scissors to make them even on all sides. Watercress may be used in the same way.

Olive Sandwich.

Chopped olives mixed with a little mayonnaise dressing on brown or white bread cut very thin, and buttered and spread with almonds, walnuts or pecan nut meats, pounded to a paste with a little salt.

Raisin Sandwiches.

With a pair of sharp scissors cut large raisins in two, lengthwise, and remove the seeds. Lay the fruit closely together between thin buttered bread, cut into fancy shapes.

Mayonnaise with Olives or Peppers.

Cut with the pastry cutter some rounds of thin, white bread; spread with mayonnaise sauce, in which mix chopped olives or finely chopped green peppers.

Cold Roast Beef Sandwich.

Chop very fine, cold rare roast beef and to one cupful of meat add one-fourth of a teaspoonful of salt, one teaspoonful of tomato catsup, and the same amount of Worcestershire sauce and of melted butter, stir until well blended and spread on thin slices of bread. Or to half a cupful of thick mayonnaise add two spoonfuls of whipped cream, a dessertspoonful of grated horseradish, and two dessertspoonfuls of chopped cucumbers. Spread the bread with this mixture, and then with a thin layer of finely chopped rare beef and cover with more dressing and bread.

Spanish Sandwiches.

Butter some slices of fresh brown bread, and sprinkle on each slice a little cayenne, then put some boned anchovies, laying them flat, and sprinkle over all the yolk of an egg cooked hard and rubbed through a sieve, some finely minced cold chicken, and a little chopped parsley, place the other slices of bread over, press them well together, cut into rounds and serve garnished with sprigs of parsley.

Leberwurst Sandwiches.

Spread the leberwurst on slices of rye bread, do not use butter. Leberwurst is a German sausage made of goose livers, truffles, etc. Scoop it out of the sausage skin.

Tomato Sandwich.

Cut thin slices of bread and butter evenly, then cut them into rounds with a biscuit cutter, lay on one slice of the bread a slice of ripe tomato, sprinkle the other slice with grated cheese, season with salt and pepper; press the two slices together.

Sausage Sandwiches.

Take the small link sausage, split them lengthwise and broil on each side. When they become cool, cover buttered bread with delicate lettuce leaves and lay the sausage upon them; then the thinnest possible slices of cucumber pickles, and lastly a piece of buttered bread. Cut them into small squares.

It may be well said of sandwiches that their name is legion and various ways of making them will come by practice, combinations unusual will come to the mind, ambition also to make these combinations.

Cereals.

Do not trust to the cereals said to be "cooked ready to serve." *All* cereals require long cooking to make of them, nutritious food for the family. It is not difficult to give this long cooking. By putting the cereal into the double boiler at once after breakfast, it is cooked and out of the way before the stove is needed for the midday meal. It then requires only reheating the next morning for breakfast, if it is desired hot. If kept in the refrigerator the supply necessary for two days can be cooked at the same time.

To make a pleasant change add some fresh fruit to the cereal for breakfast, huckleberries, blackberries and peaches all make a change from just the ordinary cereal and children love a little change in the manner of serving the cereals.

If a fireless cooker is used all cereals are beautifully cooked in them. Besides the many prepared cereals sold, there are many which prove a pleasant change from them—cornmeal mush, farina, rice, hominy, both coarse and fine, oatmeal, whole wheat, which if given a long cooking is very good—as full directions are given with all the prepared cereals, I only add:

Cracked Wheat.

Wash, drain and put in double boiler with enough water to cover, stir well and add gradually more water as the first is absorbed, add salt and cook the wheat at least three hours. The wheat with long cooking, molded and eaten cold is an excellent hot weather food.

If you have any of the breakfast cereal left, mold it and cut in slices, dip these in flour and fry, not long, but just long enough to give a delicate brown covering to the slices. Or if you have a vegetable and meat soup for dinner, stir in any of the left-over cereal.

Try serving oatmeal cold on hot mornings. Cook one teacupful of oatmeal in the double boiler for certainly four hours. The oatmeal will use about a quart of water before it is cooked. Add a little salt. When cooked it should be quite soft; put it into a mold or into small cups, one for each person. Turn out only before breakfast on a small saucer, and serve as usual with milk and cream. Any of the cereals served cold are enjoyed in hot weather.

Oatmeal is slow to digest, therefore, it should not be given in large quantities to any one with weak digestion; unless it is well cooked, that is, cooked for a long time. It is not a food for any one who leads a sedentary life. The Scotch eat it uncooked a great deal, as it lasts longer, they say, but it takes the Scotch climate or stomach to digest it uncooked. Compared with meat, oatmeal is a much cheaper food, as it contains pound for pound nearly

as much of the protein nutriment as meat. In oatmeal there is more of protein than is found in many of the other cereals.

It is always advisable to wash well the cereals. The loose flour which is about the grains is of no benefit and the cereals cook smoother without it. In hot weather examine the cereals carefully for any worms, before cooking.

Baked oatmeal is an excellent way to prepare this cereal. The day before it is to be served stir a pint of oatmeal with one teaspoonful of salt into two quarts of boiling water. Boil five minutes; then turn into a buttered earthen dish and cover. Set the dish in a pan of boiling water, place in a moderate oven and bake for two hours. Then in the morning again put the dish in the oven in a pan of boiling water and cook half an hour. Serve hot.

Rice.

When rice is about six cents a pound it is cheaper food than potatoes at one dollar a bushel. Rice is easier digested than potatoes. It contains much nutrition. The unpolished rice contains all the elements of nutrition, used as a vegetable or with fresh or cooked fruit. In fact only the unpolished rice should be used. *Wild rice* is very excellent served with meats or game.

To Cook Rice.

The secret of having boiled rice in a perfect condition when served is to prepare it carefully, wash it in several waters, the last water must run from it clear. Have a kettle with plenty of rapidly boiling water, sprinkle into this slowly the rice. Slowly that the water will not stop boiling, when the rice is tender and never stir it but with a fork, drain and pour over it hot water, placing the rice in a sieve so that you use a lot of hot water, then add a little salt, and keep the rice hot.

If two or three small onions are cooked in the rice, the flavor is very delicate and acceptable to many. Marbles put in with the rice will prevent it from sticking to the bottom of the kettle. Rice is served with all kinds of meat, game, poultry, fish, also with many vegetables, either alone or in combination with them, tomatoes especially; also green peppers. Rice is also made into many acceptable desserts.

To Boil Rice.

One quart of water with one teaspoonful of salt. When boiling hard, put in one pint of well-washed rice. As soon as the water boils hard again, remove to the back of the range and let the rice cook slowly; when all the water is boiled away cover the rice until it is perfectly cooked, do not stir at all—be careful not to burn the rice.

The addition of a little lemon juice to the water in which rice is boiled will increase the whiteness, and the grains will readily separate.

Rice Croquettes with Meat.

Boil the rice until quite soft and tender, while warm add an egg well beaten, a teaspoonful of butter, and salt to taste, and half a teacupful of any kind of cold meat, ham or tongue, chopped fine. When cold, make into croquettes, cover with beaten egg and bread crumbs, and fry in hot dripping-pan till browned.

Rice Croquettes.

One-fourth pound of rice well-washed and dried, one pint of milk; boil them together until the rice is perfectly tender. A thin rind of lemon cooked with the rice is an addition. When the rice is rather dry and tender add one tablespoonful of sugar, one teaspoonful of butter, one teaspoonful salt, a little pepper and a little nutmeg. Stir together and spread on a dish to cool; when cold form into croquettes; dip each one in beaten egg, then into fine crumbs, either of bread or crackers; put on the ice for an hour or more, then fry in deep, hot fat until a light brown color, and serve at once.

Rice Croquettes with Jam.

Prepare the rice as for plain croquettes. Take each croquette when ready to fry, make a hole in the center and fill it with some jam, either peach or apricot, cover it over with rice, dip each croquette into beaten egg, then into fine bread crumbs, and fry in deep, hot fat.

Rice with Cheese.

One pint of cold boiled rice and one cupful of grated cheese, season the cheese with a little cayenne and a small bit of powdered soda. Have a buttered pudding dish, put into it first a layer of rice, then one of cheese, alternate until the dish is full. Take one cupful of milk, add one well beaten egg to it, one saltspoonful of made mustard, one-half teaspoonful salt, a little cayenne, mix together, pour over the rice, cover with a thin layer of crumbs and bits of butter, place in hot oven and bake for twenty-five minutes and serve hot.

Rice Casserole.

Wash two pounds of rice, drain and put into a stewpan with two quarts of cold water, when the water boils, add one teaspoonful of salt, and cover the rice with thin slices of salt pork, and let all simmer slowly until the rice is cooked. When the rice is cooked mash it until quite smooth, gather it up into a ball, and mold it into a casserole form, then brush it over with melted butter, place in pan, put into hot oven until it browns, then remove from oven, trim it into a ball, take out a lot of the inside rice and fill the ball with any mixture you like. Cold chicken, cut in pieces seasoned with salt and pepper and some melted butter, or cold game, sweetbreads, finely chopped cooked meat, fish chopped fine, all seasoned. Have whatever you fill the rice casserole with quite hot, serve with a garnish of sprigs of parsley, or watercress.

Risotto Milanese.

Put into a saucepan one onion, cut in fine pieces, with one cupful of butter, one tablespoonful of olive oil, cook until the onion is of a golden brown color, then add one pint of good stock, one and one-half cups of rice, cook until the rice is tender, then add one pint of stock, all must boil fast. When almost done, add one-half glass of sherry, one-fourth teaspoonful of Indian saffron dissolved in one-half cup of stock, one teaspoonful of grated cheese, then remove from the stove and add one tablespoonful butter. The risotto should be quite thick, serve in a deep dish and hot.

Rice with Butter.

Wash one pound of rice, put into the double boiler with one quart of water, let it cook until the water is all absorbed, when add one-half pound of butter. Stir this into the rice with two forks,—cover and let it keep hot for one-half hour or longer on the back part of the stove. This is a very good way of serving rice when there is no gravy and with cold meat as well as with hot.

Sweet Rice—A Portugese Recipe.

Wash thoroughly, then drain and dry half a pound of rice, stew it with three pints of milk for thirty minutes, then add one-half pound of sugar, a little salt, boil together until the rice is tender, then add two tablespoonfuls of blanched almonds chopped fine. Put the rice mixture into shallow dishes and shake until the surface is smooth, then sift over thickly some powdered cinnamon, which will give it the appearance of a freshly baked cake. Serve cold. It will remain good for several days. If desired richer, one-third cream may be used in the place of the milk.

Savory Rice.

Put one-fourth pound of rice in fast boiling, salted water; when half cooked, pour off the water and replace it with three-fourths pint of good stock, and cook until the rice is done. Then add salt, pepper, two ounces of freshly grated cheese and one egg well beaten. Pour all into a buttered dish, and brown in oven.

Rice Socles.

Wash one pound of rice; put it in a stewpan with half a gallon of water and a little salt; boil on a very slow fire. When the rice is done pound it in a mortar, and mold it to the required shape. For hot dishes the socle should be egged over and put in the oven to color it. For cold dishes, spread the rice over with Montpelier butter.

Timbale of Rice.

One teacup of rice, one pound of any cooked meat, one egg, two tablespoonfuls of bread crumbs, one-half a small onion, one-fourth pint of stock, salt and pepper, one teaspoonful of chopped parsley, one ounce of butter. Boil the rice till tender, put on a sieve to drain. Chop the meat fine, season

with onions chopped fine, parsley, pepper and salt, add the bread crumbs and egg, mix well; then the stock. Butter a mold, line with the rice, put in center the meat, cover the top with rice, steam over a hot fire for three-fourths of an hour, then turn out of the mold on a hot dish and pour tomato sauce around the rice. For the sauce: Stew the tomatoes, add one tablespoonful of butter, mixed with one tablespoonful of flour, when thick strain through a sieve and serve around the rice.

Rice with Tomatoes.

Prepare the tomatoes as directed in "Stewed Tomatoes," fill them with cooked rice, well seasoned with salt and pepper and one tablespoonful melted butter, place the tops on and bake for twenty minutes—take from the pan carefully (a pancake turner will be found useful in taking anything small from the oven). The tomato pulp left can be stewed for a sauce, or kept for soup.

Cold Rice with Wine.

Boil one pound of rice with one pound of sugar in one pint of white wine, add a little lemon or orange rind, when the rice is cooked, remove from the fire and place in a buttered mold. Place on the ice to become perfectly cold. Serve with either cream, or with orange juice added to any of the wine left.

Macaroni a la Brignoli.

Cut one onion in slices and fry with one-half teaspoonful of butter, when brown, put into a saucepan with one pint of tomatoes, a few sprigs of parsley, one garlic clove, a few fresh mushrooms and one tablespoonful of butter. While this is cooking, take one-fourth pound of macaroni, cover with boiling water in a saucepan, add one tablespoonful of salt, when cooked, remove from fire, drain and put into cold water—when the sauce is done—drain the macaroni, put it into a dish, put in one tablespoonful of grated Parmesan cheese, then the sauce, and bake in the oven for a few minutes or long enough to reheat the macaroni.

Italian Macaroni—1.

Cook in a stewpan one-half pound of macaroni with one garlic clove, in water until soft. When soft remove from fire, put into cold water until needed.

Cut some rough pieces of veal from the leg, fry it in some butter in the frying pan until quite brown, then add it to one pint of hot water in a saucepan with one green pepper, seeds removed, one leek, one garlic clove, one-half a bay leaf, let all simmer for two hours, remove from fire—strain, and put the macaroni in this stock for about one-half hour, remove from fire and drain from stock, then add a few fresh mushrooms. Take one tablespoonful of butter in a small stewpan when hot add two tablespoonfuls of flour, take a little of the stock from the macaroni, stir well into the butter and flour, keep on adding the stock until it is all used, then pour it all over the maca-

roni—be careful not to break the macaroni—place in dish in which it can be served, and sprinkle over some minced parsley, with some Parmesan cheese grated very fine, serve very hot.

Italian Macaroni—2.

Place in quart stewpan a pint and a half of boiling water, put into this four ounces of macaroni, broken into four-inch pieces, seasoned with salt and pepper, and boil gently for twenty minutes, then drain from the water in a colander; wipe out the stewpan, and return the macaroni into it with a half pint of good stock; let it simmer gently until all the stock is absorbed by the macaroni—this will take about twenty minutes. Grate one ounce of Parmesan and one ounce of Swiss cheese or two ounces of good York State cheese; put one-half of the cheese into the stewpan, stirring well into the macaroni; when this half of the cheese is dissolved, add the balance with one tablespoonful of butter, some salt and a little cayenne. Serve in a hot, deep dish.

Macaroni Quenelles.

Take one ounce of macaroni, four ounces of bread crumbs, two eggs, half a pint of milk, a teaspoonful of minced parsley, a pinch of mixed herbs, a dust of cayenne, and salt to taste, two ounces of melted butter and two spoonfuls of chopped ham; boil the macaroni till cooked, cut it into small pieces, boil the milk and pour on the bread crumbs and soak for five minutes, add the macaroni, herbs, eggs, melted butter and ham, steam in a well buttered basin for an hour, and serve with brown mushroom sauce over it.

Macaroni with Tomato Sauce.

Boil a pound of macaroni with a piece of butter the size of an egg, an onion, two cloves, and some salt; when done, drain the macaroni and place it in a saucepan with five ounces grated Swiss cheese, five ounces of Parmesan cheese, one teaspoonful black pepper, and six tablespoonfuls of cream; stir over the fire until the cheese becomes thick and stringy. Dish up in a pyramid and cover with thick tomato sauce.

Spaghetti—Austrian.

Boil one pound of spaghetti for twenty-five minutes in salted water, have the water boiling when the spaghetti is added to it. Then take from the fire, drain, put it into cold water until cold. Return to saucepan; add two tablespoonfuls of butter and the same amount of grated Parmesan cheese, added slowly, with one pint of creole sauce; prepare the sauce while the spaghetti is cooling, take for it, two onions sliced fine, one peeled green pepper, four tablespoonfuls of grated ham, fry all well in butter, do not let them brown—add two garlic cloves well bruised, add one pint of good stock and one tablespoonful of lemon juice, let all simmer for twenty minutes. Meanwhile

peel four large ripe tomatoes, press out the seeds, cut the tomatoes into small pieces, add to the strained sauce, boil for twenty minutes, add to the spaghetti, cook together for a few minutes until very hot and serve.

Spaghetti and Cheese.

One-fourth of a pound of spaghetti, one-half pint of milk, three tablespoonfuls of butter, two eggs, yolks, one-half cup of grated cheese, one saltspoonful of salt, a little pepper and a little cayenne. Break the spaghetti into pieces, wash it in cold water, boil it with two quarts of water gently for two hours, then pour off the water and put the spaghetti into a dish and pour over the sauce and bake in the oven for five minutes.

Make the sauce by boiling the milk, cheese and butter together, add the salt and pepper, then the yolks well beaten, stir together and then pour it over the spaghetti, and serve hot.

Hominy.

The fine white is perhaps the best for a breakfast food. Wash the needed amount in cold water, drain and stir into it,—for one cupful of hominy use one quart of boiling water, add one teaspoonful salt, cook in the double boiler for one hour, stirring often. It can be eaten with cream or milk or served in place of potatoes. Any left can be sliced and fried the next day or used in griddle cakes.

Fried Fine Hominy.

Cook as above, pour while hot into a pan, previously wet in cold water. When cold, slice it about one-half inch in thickness, dip the slices into flour and fry in a pan, in which you melt fat—either lard or beef drippings, it takes a long time to brown and it spatters a good deal. So cover the pan while cooking. It is nice for the garnish of a beefsteak, lamb chops, or eaten with syrup.

Hominy Croquettes.

Take one cup of cold boiled hominy, add one teacup of milk, stir this well into the hominy, add one teaspoonful of sugar and one well-beaten egg and a little salt. Make the mixture into croquettes, dip them in beaten egg, then in fine bread crumbs. Put on the ice for an hour or more; when needed, fry in deep hot fat.

Cornmeal.

To prepare cornmeal for mush or frying, stir into three cups of boiling water one cup of sifted meal, one teaspoonful of salt, have no lumps, cook for two hours, when thick, pour into a dish if used hot, serve at once, if for frying let it cool.

Mush Balls.

Season one pint of mush left from breakfast with more salt if needed, a dash of pepper and a few drops of onion juice. Shape in small balls, dip in

melted fat and bake in hot oven, or roll in egg and then in fine bread crumbs, and brown in hot fat. Serve with meat in place of potato.

When frying mush, dip the slices first in the white of an egg. This makes it crisp.

In cooking mush for frying add a little sugar, the sugar will help to brown the mush; serve thin slices of fried mush around game, poultry, etc.

Hominy.

Soak the large hominy over night; to one quart add two quarts of water, boil slowly until perfectly soft, drain off all water, put into vegetable dish, and mix butter and salt with it. Serve hot.

Cold Hominy Fried.

Cut the cooked hominy in thin slices; put one tablespoonful of butter in the pan; when hot, put in the hominy, fry on both sides. Used as a vegetable, or served with syrup.

Farina Croquettes.

Put one-half pint of milk in the double boiler, when warm, add four tablespoonfuls of farina, stir well until it thickens, then remove from fire, add the well beaten yolks of two eggs, one-half teaspoonful of salt, a little pepper, and one tablespoonful of finely cut parsley. When this mixture is cold, form into small croquettes, dip each one in beaten egg yolk, then into bread crumbs and fry in deep hot fat. Serve with meats or game.

Pastry.

"It is a maxim, as ancient, I believe, as the time of Hippocrates, that whatever pleases the palate nourishes. And I have often had reason to think it perfectly just. Could it be clearly ascertained and demonstrated, it would tend to place cooking in a much more respectable situation among arts than it now holds."—COUNT RUMFORD.

Pastry flour is more successful, but any really good white flour can be used. In the making of pastry, butter, lard or beef suet are used. Butter is the best; lard makes tender pastry, suet also, but it is better used at once after baking. Wash the butter by holding the hands in hot water, then pouring cold water on them for an instant, the butter will not stick to the hands when washing it. Have ice water. For rolling out the pastry, either a wooden pastry board or marble slab is used. Either a wooden or glass rolling pin. In using the rolling pin, observe always to roll from you. Bake the paste in a moderate oven, but rather quick than slow. No air must be admitted to it while baking.

The edges of paste should always be notched before it goes into the oven. For this purpose, use a sharp penknife, dipping it frequently in flour as it becomes sticky. The notches should be even and regular. If you do them imperfectly at first, they cannot be mended by sticking on additional bits of paste; as, when baked, every patch will be doubly conspicuous. There are various ways of notching; one of the neatest is to fold over one corner of each notch; or you may arrange the notches to stand upright and lie flat, alternately, all round the edge. They should be made small and regular. You may form the edge into leaves with the little tin cutters made for the purpose.

If the directions for puff paste are carefully followed, and if it is not spoiled in baking, it will rise to a great thickness.

Puff Paste.

One pound of flour, one pound of butter, scant one-half pint of ice water, one saltspoonful of salt. Mix the flour into dough with ice water and salt; reserve a little flour for the rolling out of the butter. Knead the dough well and then make it into a ball, which pound with the rolling pin until it is full of blisters, then put the dough on the ice for fifteen minutes. Wash the butter in cold water, wring it out in a clean napkin until dry, then put it on the ice for fifteen minutes. Take the dough, roll it out to one-half an inch in thickness; take one-fourth of the butter, spread it on one-half of the

dough, sprinkle just a little flour on it to prevent the rolling pin from sticking to it, fold over the other half and roll it; fold four times, using all the butter. Always roll from you, let the paste rest fifteen minutes between each rolling, then put the paste on ice to become very cold. In winter this is accomplished quickly and well by putting the paste out of doors covered; when the paste is required, handle it as little as possible, roll it to the required thickness at once; the paste will be lighter and more delicate if this is observed; bear as lightly as possible on the rolling-pin.

Rough Puff Paste.

Place one pound of pastry flour and three-fourths of a pound of very cold butter together in a bowl, which must be cold; place your chopping knife on ice for a few minutes, then chop the cold butter into the flour, until you have all the butter cut into very small bits, then make a hole in the center of the flour and butter, pour in a small cupful of ice water, mix together as lightly as possible into a stiff paste; then turn out on to the molding board. Roll it out with the rolling-pin, which must be cold,—into an oblong sheet, pressing lightly, fold the sheet in three, turn with the ends towards you, roll out again; do this three times, always keeping the ends towards you; put on the ice for an hour, if convenient. When needed, cut it into the pieces needed with a sharp knife, roll out again and use.

Beef Dripping Pastry.

Take one pound of flour and one-half pound of beef dripping, prepared as directed; one-half pint of cold water. Mix the flour and water into a smooth paste, add one teaspoonful of salt; roll it out three times, each time place on the paste one-third of the dripping in small pieces, roll the dripping lightly into the paste—if desired for a fruit pie crust, add two tablespoonfuls of sugar.

Beef Suet Pastry.

One-half pound of beef suet, one pound of flour, one-half pint of cold water; take all the skin and shreds from the suet, chop it very fine, and rub it well into the flour with one teaspoonful of salt, work it all to a smooth paste with the water; roll it out to the thickness desired and it is ready to use.

A Fine Pie Crust.

One pound of flour, one-half pound of butter; rub the flour and butter together while dry—add enough ice water to make a dough; do not knead the dough, but roll it out with the rolling-pin four times. Let it stand two hours at least before baking. This will be enough for four pies with only top crusts.

Pie Crust for One Pie.

One coffeecup of sifted flour, one-half coffeecup of lard or drippings, rubbed together with one-half teaspoonful of salt; cold water to moisten; do not make the paste wet; roll out quickly.

Apple Pie in Deep Dish.

Fill a deep pie dish with pared and cored apples, add one tablespoonful lemon juice and enough water to cover. Stew until tender, then add one cup of sugar and fill the core spaces with either apple jam or jelly, or peach jam, and put spoonfuls of either between the apples. Cover with a thin pastry and bake; serve warm with whipped cream.

Apple Pie—1.

Slice the apples in thin slices; cover the pie tin or plate with a good plain paste, which rub over with the unbeaten white of an egg. Put the apples on the paste with one-half a cupful of sugar, one-half saltspoonful of salt, one tablespoonful of butter broken into bits, one teaspoonful of flour and one teaspoonful of powdered cinnamon, or one-half teaspoonful of grated nutmeg; then put over the upper crust and bake forty minutes.

Apple Pie of Apple Sauce—2.

Make the pie as above directed, only put in apple sauce in place of the sliced apples and finish as before.

Cocoanut Pattie.

Make good puff paste; line little patty-pan tins. Grate one cocoanut, be careful not to grate off any of the brown part—add to one-half pound of the cocoanut one-half pound of sugar, two tablespoonfuls of cold water or the water in the cocoanut, if perfectly sweet and fresh. Stew the cocoanut until it is tender, then cool, when cool add one teaspoonful of brandy, three well-beaten eggs and the grated rind and juice of one lemon. Mix well, fill the patty-pans and bake for twenty minutes. Dessicated cocoanut can be used.

Custard Pie.

Line the pie tin or plate with a good paste; make a custard with four eggs lightly beaten together, one quart of milk, four tablespoonfuls of sugar, one-half teaspoonful of grated nutmeg, a very little salt; fill the pie tins and bake until the custard is firm; watch that it does not bake too long and become watery.

Cherry Pie.

Line a pie tin or plate with a good pastry, then fill the plate with ripe, stoned cherries, sprinkle over one cupful of sugar, a few bits of butter and one teaspoonful of flour. Cover with the upper crust and bake a half hour.

Cottage Cheese Pie.

One cupful of melted butter, one tablespoonful of cream, one cupful of sugar and the yolks of four eggs; mix these and beat hard until smooth; then add one pound of cottage cheese and one tablespoonful of flour, the grated rind and juice of one lemon, one teaspoonful of powdered cinnamon, one-half teaspoonful of salt, a very little grated nutmeg. When these are

all well blended, add the whites of four eggs beaten very stiff. If the mixture seems stiff add a little cream,—it must all be very smooth,—then line a pie dish with good pastry, pour in the cheese mixture and bake for a half hour.

Cherry Roly Poly.

Make a good baking powder biscuit dough, roll it out to one-half inch in thickness, spread it with stoned cherries which have been well rolled in sugar, dust over a little flour, roll over and over, fasten well the ends, and steam for one hour and a half. Serve with sugar and cream, or with a cherry sauce.

Cream Pie.

One pint of cream brought to the boiling point, two tablespoonfuls of cornstarch mixed with one-half cup of cream, stir this mixture into the boiling cream with the yolks of three eggs, stir until it thickens, then remove from the fire and let it cool; when it is cooled add the whites of three eggs beaten very light, with three tablespoonfuls of sugar, and one teaspoonful of vanilla until thoroughly mixed, line two pie tins with pastry and bake; when baked, fill with the cream mixture and bake until brown or until the custard is set. When cold, place the two pies together.

Potato Cheese Cakes.

One pound of mashed potatoes, one-half pound of butter, one pound of sugar, one pound of currants, the juice of one lemon and the grated rind, six yolks of eggs and three whites, one wine glass of brandy, a little salt, a little nutmeg, one-half teacup of almonds cut in pieces. Line little tins with pastry and fill with the mixture and bake. Use the three whites in a cornstarch pudding next day.

Lemon Pie.

The grated rind and juice of two lemons, two tablespoonfuls of flour mixed to a smooth, soft paste with a little cold water; pour this into two teacupfuls of boiling water, stir until smooth on the fire and then place the mixture on a cool part of the stove; add five eggs and two cupfuls of sugar well beaten together; let the mixture cool; when cool, add the rind and juice of the lemons. Line three pie tins with pastry, fill with the lemon mixture and bake; spread over each pie, when baked, a meringue made with one egg (white only), for each pie, beaten until light with one tablespoonful of fine sugar; put back into the oven for a few minutes until the meringue becomes slightly brown.

Lemon Cheese Cakes.

One-fourth of a pound of butter, one pound of sugar, six eggs, the rind and juice of two lemons, and the juice of one lemon more. Put all the ingredients into a stewpan, carefully grating the lemon rind and strain the juice; keep stirring the mixture over the fire until the sugar is dissolved and

it begins to thicken; when it is thick and clear like honey, it is done. Put it in little jars and keep in a dry place. When needed for use, line some little tins with pastry and fill them with the mixture and bake; add some pounded almonds on the top of each.

Horns.

Take pieces of puff paste, roll out to one-eighth of an inch in thickness, and three-fourths of an inch in width; roll these strips over little tin molds, or wooden ones, made for this use; lap the edges slightly. Bake in a hot oven until the paste is puffed and brown; take from oven, brush them over with a little white of egg beaten with a very little water and sugar; return to oven and brown slightly, then remove from oven and slip the horns from the molds, when cold, fill with either whipped cream, or cream custard or with preserves. By placing all the horns on a flat tin they will be easily handled in the oven.

Mince Meat—1.

Eight pounds of beef cooked and chopped fine, sixteen pounds of chopped apples, one pound of suet, three pounds of stoned raisins, three pounds of well cleaned currants, three-fourths pound of fine cut citron, seven pounds of sugar, one-half pound of powdered cinnamon, one ounce of cloves, one-half ounce of allspice, one ounce of grated nutmeg, one saltspoonful of cayenne, one-half ounce of mace, two quarts of boiled down cider, one quart of brandy, one quart of sherry, one glass of currant jelly; mix. Mince meat is improved by age. Add stock in which meat was cooked, mix well and place in large jars to ripen.

Mince Meat—2.

Eleven pints of meat and tongue (one fresh tongue and six pounds of beef), seven pints of suet, fifteen pints of apples chopped, sixteen pints of stoned raisins (eight ground and eight whole), eleven pints of well cleaned currants, four pints of brown sugar, two pounds of citron ground, one and one-fourth pound of candied orange peel, two jars of orange marmalade, juice of four oranges and grated rind of two, two cupfuls of mixed spices, salt to taste, ten pints of French cooking brandy, seven pints of boiled cider, one tablespoonful each of ginger, cinnamon, cloves, one-half tablespoonful of allspice and mace, ground. Two tablespoonfuls of salt. Add one saltspoonful of cayenne. It should ripen for at least four weeks. For any ordinary sized family, the half of this recipe will be ample.

Little Mince Pies.

Line little, plain patty-pies with puff paste or any good pastry, fill them with mince meat, wet the edges of the paste, and cover the mince meat with more paste and bake. Take from the pans before serving.

Orange Pie.

Made in the same manner as lemon pie, only substitute oranges for lemons.

Orange Shortcake.

Same as peach shortcake, only substituting the oranges cut in slices for the peaches.

Patties or Tarts.

For twelve tarts or patties cut twenty-four rounds of pastry with the large cutter; cut twelve into rings by cutting them with the smaller cutter quite through, then moisten these with a little cold water on one side and lay these on the rounds of pastry; bake from ten to twelve minutes; fill with preserves.

Sweet Patties.

Fill the patty cases with sweetened, whipped cream, or with preserves with cream on top, or with rich preserves alone.

Sweet Potato Pie.

Make a good paste (it need not be puff paste)—line the pie dish, which must be a deep one. Wash and parboil two good-sized sweet potatoes (about one pint of the potatoes after they are grated), when they are cold grate them. Beat together until very light one tablespoonful of butter, one-half a cup of sugar and the yolks of three eggs. Add to this mixture one cup of rich milk, one teaspoonful of cinnamon and two tablespoonfuls of brandy. Fill the pie dish and bake the pie for thirty minutes, or until the custard seems firm; then whip the three whites of the eggs until light, add two tablespoonfuls of sugar, spread this over the top of the pie, return to the oven long enough to bake the meringue a light brown. The meringue can be omitted and use the whites of the eggs with the yolks in the pie.

Sour Cream Pie.

Beat until light the yolks of four eggs, pour on them one pint of thick, sour cream; add one teacupful of sugar, one teacupful of stoned raisins chopped, a little grated nutmeg, a little salt, mix well, cover pie pan with a good paste, pour in the mixture and bake; then add the whites of the eggs beaten until very light with two tablespoonfuls of granulated sugar; spread over the pie and bake until a delicate brown.

Patties.

One of the most convenient articles of food to keep to help out at any meal, are patty shells. A filling may be made for them of cold fish, fowl, oysters, lobsters or almost any kind of cooked light meat, cut into small pieces and stirred into well seasoned white sauce, heated.

Peach Pie.

Line a deep pie dish with good pastry; peel the peaches, leaving them whole, add a little water and one cup of sugar, a little salt. Put in the

center of the dish either a small teacup or "pie supporter," then cover the dish with pastry and bake a half hour. If preferred the stones can be removed.

Peach Shortcake.

Make a baking powder biscuit dough, only add to it one tablespoonful more butter; roll one layer of dough to about one-half inch in thickness, spread it lightly with melted butter, then roll the remaining half of the dough to the same thickness, place over the first and bake; the two layers will come apart when baked. If fresh peaches are used, take one quart of peaches, peel and cut fine, and one cup of sugar; let the fruit stand in the sugar for an hour before using, then spread the fruit on the crust, placing the upper crust on the peaches and keep warm. Serve with cream. If canned peaches are used, the syrup will make a sauce for the shortcake; if it is not sweet enough, boil the syrup with one-half cup of sugar and serve.

Potato Pie.

One pint of mashed potatoes, three eggs, one pint of sugar, one-half cup of butter, one-half teacup of cream, one lemon, one tablespoonful of brandy. Mix together and bake. Have pie tins lined with good pastry.

Pumpkin Pie.

One quart of strained pumpkin, two eggs, two tablespoonfuls of butter, one-half cupful of cream, one cupful of milk, one cupful of brown sugar, one teaspoonful of ginger, one-half teaspoonful of cinnamon. Line the pans with good pastry and fill with the mixture. To prepare the pumpkin, cut it into small pieces and either steam it over hot water, or cook it in a little water; when tender, remove from the fire and drain it, then strain through a sieve.

Squash Pie.

Mix together one pint of cream, one pint of cooked squash, one tablespoonful of butter, one-half cup of brandy, two cups of brown sugar, one teaspoonful of cinnamon, a little salt. Line the pie tin with pastry, then fill with the mixture.

Washington Pie.

One cup of sugar, three eggs, two tablespoonfuls of cold water, a very little salt, one cup of flour, one full teaspoonful of baking powder. Separate the eggs, beat the yolks, add to them gradually the sugar, then add the flour, in which sift the baking powder; lastly add the stiffly beaten whites. Bake in two deep jelly cake tins; when cold, split each layer in half, and spread on each a custard made as follows: One pint of hot milk, three eggs, leaving out one white, three tablespoonfuls of sugar, one tablespoonful of flour dissolved in a little cold milk. Beat the eggs slightly, strain into the hot milk, then the sugar and flour; stir in the double boiler until the mixture is thick; remove from fire; when cold, add one teaspoonful of vanilla extract or a few

drops of almond extract, spread on the cake layers, pile them one on the other. Beat the unused white of egg until light, add two tablespoonfuls of sugar, spread over the top layer.

Strawberry Shortcake—1.

A real old-fashioned strawberry shortcake is made as follows: Make a rich baking powder dough. Handle as lightly as possible, mixing with a knife; roll lightly and quickly into two sheets, lay one smoothly upon the other with a few bits of butter between them, bake, and when done pull apart, waiting till they have slightly cooled. Cover the lower layer, well buttered with a thick layer of strawberries made very sweet with powdered sugar add the upper crust; send it to table whole, to be eaten with thick, rich, sweetened cream. Additional strawberries can be served if desired.

Strawberry Shortcake—2.

Make the crust the same as for peach shortcake. Hull the berries. For one quart, add one cup of sugar, crush the berries and let them stand in the sugar for one hour; just before spreading the fruit on the shortcake, add one-half teacup of cream to the berries; if another layer is liked on the top of the shortcake, use for this layer the berries without any cream mixed with them.

Stewed prunes, apricots and apples all make a good shortcake, made in the same manner as peach shortcake.

Vol-au-vent.

Make puff paste. Roll out the pastry to one inch in thickness; cut the size of the plate in which the vol-au-vent is to be served; brush over the top with beaten egg; make a circular incision one-fourth of an inch deep, one inch from the edge of the pastry. Bake the pastry; when cooked, remove the cover which will have risen during the baking; fill the vol-au-vent with creamed chicken, or sweetbreads, lobsters, stewed fruit, whipped cream, or other articles desired.

Vol-au-vent or Patty Cases.

Have two round pastry cutters, one a little more than half the size of the other—these cutters can be purchased in sets. Roll out the puff paste to one-half inch in thickness; with the largest cutter cut the number of patties required, then with the small cutter cut the same number of cases; put these on top of the large ones, then cut with the smaller cutter nearly through one-half of the patties; put them together; when baked, remove this round of crust—it will come easily; fill the cases and place the little cover over.

Boiled Cider Apple Sauce for Apple Tarts.

One peck of greening apples, quartered; pour over them one quart of boiled cider and cook together until the apples are soft, then mash through the colander and add one pint of melted butter, eight cups of brown sugar,

six tablespoonfuls of cinnamon. While the apples are cooking stir often to prevent burning.

Alberry Pudding.

Peel four bananas, slice them; peel six oranges, cut the pulp out free from the white part. Put these in layers in a glass dish and sprinkle over lemon juice. Boil together one and a half cups of sugar with one-half cup of water until a rich syrup is made. While hot, pour this syrup over the fruit; place on ice to become very cold before serving.

Ambrosia.

Take six large oranges, peel and slice them, remove the seeds, grate one cocoanut, be careful not to grate the brown part; place in a glass dish a layer of the sliced oranges, sprinkle over a layer of sugar, then a layer of cocoanut, then sugar, then oranges, until the dish is full. Prepare two hours before needed.

Apple Float.

Beat the whites of three eggs until very stiff, then add one quart of stewed apples, made very sweet; beat the apples into the eggs, place in a glass dish, put on the ice until needed and serve with cream.

Pudding and Pie Dishes.

There are now so many pretty pudding and pie dishes, sold most reasonably, which can be used not only for the baking, but for serving pudding or pies on.

Apple Fritters.

Pare three apples; slice them half an inch thick, remove the cores, and lay the slices for an hour in the following mixture, turning them over every fifteen minutes. Mix together two tablespoonfuls of sugar, one teaspoonful of ground spice, one glass of wine, and pour upon the apples. At the end of an hour dip the slices into a batter. (See recipe for frying batter.) Lift each one out on a fork, and fry the fritters a golden brown in smoking hot fat, laying them for a minute on brown paper to free them from grease. Arrange them on a dish in a circle, and dust them with powdered sugar.

Apple Dumplings.

Make the crust the same as for plum dumplings, only substitute apples for plums.

Scalloped Apples.

Melt a tablespoonful of fresh butter in the skillet and add one cupful of fine bread crumbs; let these brown a little in the butter, keeping them well stirred; butter a baking dish; place a layer of the crumbs; add a layer of thinly sliced apples; cover lightly with sugar and a little cinnamon and a little lemon, then another layer of crumbs; then apples and sugar and spice; let the last layer be of crumbs. Bake about twenty-five minutes. Do not let the top burn. Serve with cream.

Baked Apples with Honey.

Take out the cores from six large apples; do not cut clear through the apples. Fill in each cavity with one teaspoonful of butter and one tablespoonful of honey; bake in a moderate oven, adding a little water in the pan, if necessary.

Fried Apples.

Slice the apples; have the frying pan hot; put in one tablespoonful of butter, then the apples; sprinkle a little sugar among the apples; fry slowly until well cooked.

Baked Apple Sauce.

Prepare the apples as for ordinary apple sauce; cut in slices, arrange in layers with sugar over; bake slowly, adding no water; when cooked, cool and serve with whipped cream.

Baked Apples.

Peel each apple from top to center, core the apples, place in pan, with the unpeeled part down—fill centers with sugar, pour enough cold water to cover the unpeeled part of the apples, cook. When cooked the peeled part will be brown and soft, the skin part soft, the water almost a jelly, which serve with apples.

Apricot Shortcake.

Same as for strawberry shortcake—substituting apricots.

Apple and Tapioca.

One coffee cupful of tapioca soaked for three hours in cold water; eight apples pared and cut in pieces, one cup of sugar. Put a layer of apples, then a layer of tapioca, sugar and the juice of one lemon, until the dish is full, then put in as much water as the dish will hold; bake for an hour; if the mixture seems too stiff, add more water; it should look clear and brown when done. Serve with cream.

Dried Fruits.

Dried fruits are better stewed in a double boiler, or baked in an earthen jar in the oven, using as little water as possible, the fruit to be closely covered. Always carefully look over all dried fruits before cooking them, then soak them for two or three hours in cold water, or until they are soft and swollen to their full extent, when they should be stewed in the same water; add the sugar just before they are fully cooked.

Apple sauce is vastly improved by being baked in an oven instead of being stewed.

Apple Marmalade.

Peel and core some apples; cook with enough water to cover them; when perfectly soft, remove from fire and put through a sieve; then add three-fourths of a pound of sugar to every pound of apple pulp. Flavor with grated lemon peel, add one-half teaspoonful of salt; return to the fire and stir until the marmalade looks clear; then remove from fire, put into a

mold,—which first dip in cold water,—and let the marmalade cool. When needed, turn out on dish and put stiffly whipped cream around it. The apples require about three-fourths of an hour to cook and, after the sugar is added, twenty minutes.

Parisian Apples.

Make a thick syrup by boiling some water and sugar together (allow five or six ounces of sugar to rather more than a pint of water), flavor it with the peel and juice of half a lemon. Peel some cooking apples of medium size, carefully remove the cores so as not to break the apples, and put them into the syrup, which should be boiling; draw the pan to a cool part of the stove and let the apples simmer very gently. When done they should be clear in appearance and quite whole. Remove the apples carefully from the syrup and put them in the dish in which they are to be served, and fill the hollow in the middle of each with apricot jam. Let the syrup boil quickly for a few minutes, then dissolve one-fourth box of gelatine in it and strain it over the apples, and put them aside to cool. Just before serving, cover the top of the apples with whipped cream.

Apple Slump.

This is a very old-time recipe. Place in a pudding dish, upside down, a small teacup; then fill around the cup with sliced apples dashed with powdered cinnamon and liberal quantities of sugar, it is rather difficult to state the amount exactly, as apples differ greatly in sweetness. When the dish is full, add about one cupful of cold water. Have ready a good pie crust; cover over the dish with it, putting some cuts across the top to let out the steam; bake slowly as you would an ordinary apple pie. On cutting, you will find all the juice in the cup; remove it and here comes the name,—the juice will "slump" into the pie. Cherry Slump is made in the same way, only omit the spice.

Apricot Snow Balls.

Cook one cupful of rice in one quart of water until tender. Cut from cheesecloth a number of squares; wring each cloth out of hot water, place over a small bowl. Spread the rice, after draining it from any water, about one inch thick in the cloths. Then put in the center one apricot or two halves,—canned apricots are very good—fill in with the rice, tie up the little squares of cloth, place in a steamer and steam the pudding about fifteen minutes; then remove the cloths carefully and turn the balls out on a platter and serve, with apricot sauce. For the sauce, take the juice from the can and add one cupful of sugar and boil for ten minutes and skim carefully.

Bavarian Cream.

Put one pint of cream or rich milk into the double boiler with the yolks of four eggs well beaten and two tablespoonfuls of sugar; stir constantly until the mixture thickens, then remove from the fire to cool. Dissolve one-

fourth of a box of gelatine in three tablespoonfuls of cold water; add after a few minutes a little hot water; it will dissolve easily; then strain it into the custard. When the custard is cold, add the whites of four eggs beaten very stiff; pour the mixture into a bowl and set on the ice for some hours.

Boiled Batter Pudding.

Three eggs, one-half tablespoonful of melted butter, one pint of milk, three tablespoonfuls of flour, a pinch of salt. Put the flour into a basin, add the milk to moisten it; carefully rub down all the lumps, stir in the melted butter, keep beating the mixture hard, add the eggs beaten together, then add the salt. Butter a pudding mold, fill with the batter, tie down the cover tightly, put it into boiling water, move the mold a few times at first to prevent the pudding from settling, then boil for one hour and fifteen minutes. Serve at once when removed from the fire and serve with the pudding a fruit sauce or sugar and cream.

Bread Pudding—1.

Boil one teacup of bread crumbs in one pint of milk with a slice of lemon peel and one teaspoonful of butter; boil for ten minutes, then mash through a sieve, add two well beaten eggs, one teacup of sugar, one saltspoonful of salt and one-half pint of milk; mix well together; pour into a buttered dish; bake until the top is a rich brown; serve with cream.

Bread Pudding—2.

Put three-quarters of a pound of bread crumbs into a bowl with six tablespoonfuls of sugar, two of butter, a saltspoonful of salt, and a pint of boiling milk, and let them stand for ten minutes; then add the yolks of six eggs beaten to a cream and the whites whipped to a froth; pour the pudding into a buttered mold and steam it for one hour in a large saucepan containing boiling water enough to reach half way to the top of the mold. Then remove from fire, turn out the pudding on a dish and serve with cream and sugar, or a fruit sauce.

Bread and Butter Pudding.

Cut several slices of bread quite thin, butter them and strew over each slice some currants. Put these into a pudding dish. Make a custard with one pint of milk, two tablespoonfuls of sugar, three eggs well beaten, a little salt and one-fourth teaspoonful of nutmeg. Mix these well together and pour over the bread and butter, and bake in a moderate oven for thirty minutes.

Bread Tarts.

Cut slices of bread one-quarter of an inch thick; cut these with the biscuit cutter into circles; moisten them with a little milk, then spread over some jam or preserves; put the circles together as sandwiches, and fry them in a little butter on each side until they are browned. Serve with cream, or with a pudding sauce or without any sauce.

Brown Betty.

Take eight large, sour apples, peel and slice them. Butter a pudding dish or tin bread pan thoroughly and sprinkle over the bottom and sides fine fresh bread crumbs, then put a good layer of brown sugar and bits of butter, then a thick layer of the apples with a sprinkle of cinnamon; repeat these layers until the dish or pan is full; do not be sparing of the butter; let the top layer be of bread crumbs, sugar, butter and cinnamon mixed. Bake for forty-five minutes in a moderate oven; serve with sweet cream or a "hard sauce."

Brown Bread Pudding.

One cup of brown bread crumbs, one cup of brown sugar, one teaspoonful of salt, one cup of currants, four eggs, spices. Mix, boil two hours in mold, turn out and serve with hard sauce.

Little Bread Pudding.

Pour over one cup of fine bread crumbs one quart of boiling milk, add one-half cup of sugar, two tablespoonfuls of butter, one saltspoonful of salt, a little grated lemon rind. When this mixture is cool, add two eggs beaten separately until very light. Put into small cups and bake eight minutes; serve hot with cream or fruit sauce.

Carrot Pudding.

One-half pound of grated carrots, one-half pound of grated potatoes, one-half teaspoonful of salt, one pound of flour, one pound of raisins stoned, one pound of currants, eight tablespoonfuls of molasses. Mix well together and put into pudding mold and boil four hours. Serve with a wine sauce.

Cocoanut Cream Pudding.

Grate a fresh cocoanut, having first peeled, washed and wiped it dry. Mix with two tablespoonfuls of sugar; melt in one tablespoonful of water three-quarters of an ounce of gelatine; while this is melting, take three eggs, mix them with one-half pint of milk, stir over the fire until the custard thickens, then add four tablespoonfuls of sugar; then add the gelatine with the grated cocoanut and the milk from the cocoanut; whip half a pint of cream until very stiff and stir it into the cocoanut mixture; when nearly cold, add a little vanilla or lemon flavoring; put into a mold and place on the ice.

Caramel Pudding.

Beat four eggs a little, stir them into one pint of milk with one-half cup of sugar, a few drops of vanilla. Put into a small tin, one cup of sugar and two tablespoonfuls of water, let these cook together until very brown and thick, then pour the mixture into a mold; see that every part of the mold is covered with a part of the caramel; it is well after this to stand the mold in cold water for a moment to harden the caramel, then pour in the custard and bake until the custard is firm; turn out of the mold and serve either hot or cold.

Charlotte Russe—1.

One-half pint of milk, put into the double boiler, when just at the boiling point stir in the yolks of four eggs, previously well beaten, and three tablespoonfuls of sugar. Stir all carefully until the mixture thickens (but not too thick), take from the fire and strain in one-fourth of a box of gelatine which has been previously dissolved in a little milk and placed on the range to warm; let the custard cool and then add three tablespoonfuls of sherry; when nearly cold, add one quart of whipped cream, stir the cream in carefully. Line a Charlotte Russe mold with lady fingers, or slices of sponge cake and pour in the mixture. Set on the ice to cool.

Charlotte Russe—2.

One ounce of gelatine dissolved in one-half pint of milk, three pints of cream, eleven ounces of sugar, four eggs beaten separately; whip cream until very light, add flavoring of lemon or vanilla; beat the eggs light, add sugar to the yolks, add the gelatine, strained, to the cream, then add the whites, beating well. Line the dish with sponge cake or lady fingers and fill with the mixture.

A simple Charlotte Russe can be made by lining a small pan with sponge cake, either thin slices from the loaf, or lady fingers, and then fill the center with whipped cream, two tablespoonfuls of sugar and the whites of two eggs beaten very stiff added to the cream with one teaspoonful of vanilla extract. Place on the ice for several hours before serving.

Cream Pudding.

Stir together one-half pint of cream and one tablespoonful of sugar, the yolks of three eggs, beaten well, a little nutmeg, then add the whites well beaten, pour into a pie dish which has been greased and sprinkled with bread crumbs about half an inch thick; sprinkle a layer of fine bread crumbs on top and bake about twenty minutes.

Whipped Cream.

Have the cream very cold and twenty-four hours old.

Baked Custard.

One pint of milk, three eggs, one tablespoonful of sugar. Beat the eggs and sugar together and stir into the milk; fill the custard cups nearly to the top, place them in a pan containing hot water which reaches to two-thirds of the top of the cups; bake twenty minutes; as soon as the custard is set, it is done; longer they will separate.

Custard Souffle.

Two scant tablespoonfuls of butter, two tablespoonfuls flour, beat these well together until light and smooth, then pour gradually over one cup of boiling milk, and cook all for eight minutes in the double boiler, stirring

constantly. Beat together the yolks of four eggs and two tablespoonfuls of sugar, add to the cooked mixture and put away to cool. When cold, add the whites of the eggs beaten until stiff; put all into a buttered baking dish and bake for twenty minutes in a moderate oven.

Boiled Custard.

One pint of milk, three eggs (yolks), one tablespoonful of sugar. Beat the yolks and sugar together, the milk warmed and added, the whole cooked in the double boiler. Stir the mixture constantly and as soon as it is thick as good cream, remove at once; when cold, add the three whites beaten very stiff, sprinkled with sugar and serve; this custard must not stand long after the whites are added.

Chocolate Pudding.

Three eggs (yolks only), beaten light, and one cup of sugar added gradually; three tablespoonfuls of sweet milk, one small cup of chocolate melted in hot water; stir these well together, add one cup of flour with two teaspoonfuls of baking powder and beat until smooth; add a little salt, then add the whites beaten stiff; put large spoonfuls of the pudding into greased cups, and steam for twenty minutes. Serve with the following sauce:

One cup of powdered sugar and one-half cup of butter beaten together until creamy, add one teaspoonful of vanilla, and then stir gradually into this one-half cup of milk; put the mixture in a bowl over a basin of boiling water; stir until it is smooth and creamy, no longer.

Caramel for Flavoring or Coloring.

Put a cupful of sugar into a small pan; stir constantly until the sugar is very brown, then add a cupful of boiling water and cook together until the syrup is thick. A small amount is used in coloring soups or sauces; it will keep in a bottle well corked.

Cocoanut Cream.

Peel, wash and wipe dry a fresh, sweet cocoanut, then grate it. Mix an ounce of sugar with the cocoanut. Soak a half ounce of gelatine with as little cold water as possible, in order to melt it; whip the whites of three eggs, mix them with one-half pint of milk and cook in the double boiler until the custard thickens; then add four tablespoonfuls of sugar. Strain the gelatine into the custard, add the grated cocoanut and cook these for five minutes. Remove from the fire and when nearly cold, add one-half pint of whipped cream and a little vanilla extract. Place in a mold which must be dipped in cold water and not wiped. Place on the ice for some hours.

Custard Souffle.

Put one cup of milk in the double boiler. Mix together two tablespoonfuls of butter, two tablespoonfuls of flour, add this mixture to the milk when it boils and stir for ten minutes. Beat the yolks of four eggs with two

tablespoonfuls of sugar, add to the milk, stir until the mixture thickens then cool on a plate. When this is cold, add the whites of four eggs, stir them in lightly, pour all into greased baking dish and bake in quick oven for twenty minutes; serve with a sauce made with one-half cup of butter, one-half cup of sugar, creamed together, when light add one-fourth cup of cream slowly; place the mixture in a bowl over boiling water and stir until it is smooth and creamy, then add the juice of one lemon; serve quickly.

Stuffed Dates.

Wash and dry the dates, remove the stones and in place of them, fill in pecan nuts or a mixture of chopped nuts, press the sides of the date together and roll in powdered sugar.

Dates contain enough albumen for a mature person, with all the needed mineral elements and ample heat and energy food in the form of sugar easily digested. But they should not be mixed with heavy foods like potatoes, beans or even bread. They combine well with rice, bananas, figs (which should be fresh), or toast. Dates are an excellent food if clean and fresh and can be given to children in moderation safely.

Fried Custard.

Two yolks of eggs beaten lightly, add one teaspoonful of flour and one-half pint of milk, one saltspoonful of salt, one tablespoonful of sugar and a little grated nutmeg; beat all together; put into a baking dish and bake until the custard is firm, then let it cool. Make a batter with one-half pint of milk, one egg, two tablespoonfuls of flour; mix the batter until very smooth, add the whites left from the custard, add a little grated lemon rind and a little salt. Cut the custard into pieces, dip each piece in the batter and fry in deep, boiling fat for two minutes, then serve with a little powdered sugar over them.

Cornstarch Pudding.

Dissolve two large tablespoonfuls of cornstarch in a little cold milk; stir this into one pint of boiling milk; stir constantly until the mixture thickens, then add four tablespoonfuls of sugar, then the well beaten whites of three eggs, and cook for a minute; to cook the eggs, add one-half saltspoonful of salt and one-half teaspoonful of vanilla or lemon; take from the fire and put into a mold; when cold turn out of mold, serve with cream or fruit sauce.

Damson Dumpling.

One quart of Damson or German plums, one-half pound of sugar. Make a good soda biscuit dough or suet crust. Roll it out thin, line a buttered pudding mold with it, fill the center with the plums, add the sugar, pinch the edges of the crust together so that the juice will not escape, tie over all a floured cloth. Put the pudding into boiling water and boil for two hours. Serve with a sauce made of a portion of the plums and one cup of sugar stewed together, or with sugar and cream.

Diplomatic Pudding.

One pint of thick cream, two tablespoonfuls of white sugar, one-half a lemon, one wine glass of brandy, one ounce of gelatine. Put the cream into a basin and whip it to a stiff froth with the sugar, add the brandy and juice of the half lemon, next the gelatine, which has been melted and strained. Divide the cream, color half with a few drops of carmine or with fruit rubbed through a sieve; pour the white part into a mold first and let it set, then the colored half; put it on ice till required. Turn out and serve.

Friar's Omelette.

Pare and core ten large apples, stew them until tender, then add two tablespoonfuls of butter and one-half pound of sugar, one-half saltspoonful of salt, rub through the sieve and add one egg well beaten. Butter thoroughly a plain mold or dish; strew fine bread crumbs over the sides and bottom, fill it with the stewed apples; put on the top another layer of bread crumbs and bake for one-half hour, turn from the mold and sprinkle fine sugar over and serve hot.

Fig and Nut Pudding.

One cup of chopped suet, one cup of dark molasses, two and one-half cups of sifted flour, one teaspoonful salt, one teaspoonful soda, one cup of milk, one-half pound of figs, chopped fine, one cup of seeded raisins, one cup of chopped walnuts. Mix suet with the fruit, nuts, flour and salt; dissolve the soda in the molasses, stirring until the molasses overflows the cup, then add the milk, mix all well together. Have pudding mold well greased, sift some granulated sugar over it to insure a smooth glazed surface to the pudding, fill the mold, place in boiling water and cook three hours. Serve with wine sauce, or a sauce of melted brown sugar, or sweet cream.

Figs in Cream.

Pull the figs apart and pour over them enough cold water to cover them; let the figs remain in the water over night; the next morning simmer the figs in this water until they are plump and tender. To each pound of figs add one-half teacup of sugar and the juice of one lemon; simmer together ten minutes; then place the figs on the ice, and when required, serve them covered with whipped cream.

A Plain Fig Pudding.

One-fourth pound of bread crumbs, one-fourth pound of flour, one-fourth pound of suet chopped fine, six ounces chopped figs; mix these together and add two eggs; boil for four hours in a well greased bowl. Serve with cream and sugar.

Hollandaise Fritters.

Four cupfuls of cold boiled rice; two eggs well beaten, one-half cup of grated cheese, one tablespoonful of cream, a little salt and pepper. Mix well

together and make into small, flat cakes; have hot fat in the pan, not a deep fat; brown the cakes in this, cooking slowly; turn and brown on the other side. Serve hot with either lamb chops or steak.

To Prepare Chestnuts.

To peel and prepare chestnuts use to every cupful one-half teaspoonful of butter, place in a saucepan, and when the butter is melted over the chestnuts, remove from the fire and put into a pan in the oven for five or six minutes; then cut a little gash in the flat side of the chestnut and peel; the shell and skin will come off together.

German Fritters.

One pint of milk and one-half teacup of butter, heated. When hot, add three heaping teacups of flour, stir until smooth, keep on fire until it is well cooked and stiff. Remove and let it cool. When cool, add seven eggs, one by one, beating each one well into the batter, then fry in deep, very hot fat, putting in the batter by spoonfuls. Serve with powdered sugar sprinkled over them.

Creamed Hazel Nuts.

Shell the nuts, pour over them boiling water to remove the skins, then boil them in a little water until soft; remove from fire and cover them with a cream sauce flavored with a little sherry. The cream sauce is made by adding to one cupful of cream, in the double boiler, one tablespoonful of butter, one-half tablespoonful of flour, moistened into a soft paste with a little cold milk, and stirred into the cream, two tablespoonfuls of sugar; lastly, one wine glassful of sherry; remove at once from the fire, after the sherry is added and pour over the nuts, fill little paper cases, or small ramekins and serve as a separate course at luncheon.

Lemon Pudding.

One-half pound of white bread crumbs, one-half pound of finely chopped beef suet; mix these together, then add a fourth pound of sugar, the grated rind of one lemon, and the strained juice; the yolks of two eggs well beaten and the whites beaten until stiff. Butter a pudding mold, put in the pudding, cover well and steam, or boil, for one and a half hours; keep the water boiling constantly and as near the top of the pudding as possible; remove from fire, place pudding on pudding dish upside down; the pudding should slip out readily, serve at once with a white sauce flavored with lemon and quite sweet.

Lemon Souffle.

This souffle is to be served cold. Take the yolks of three eggs, beat lightly, add the juice of three lemons and greated rind of two. Dissolve in a little warm milk one tablespoonful of gelatine, strain into the mixture with one-half pound of sugar; place in the double boiler and stir over the fire until it thickens, then add the whites of three eggs stirred in gently;

remove from fire, pour into a china dish and sprinkle over the top some fine, grated bread crumbs, or cake crumbs; sift over a little powdered sugar and place on the ice until needed.

Marmalade Pudding.

The weight of four eggs in butter, the weight of four eggs in sugar, the weight of four eggs in flour. Mix the butter and sugar together, then add the eggs well beaten (whites and yolks separately); then add one teaspoonful of soda dissolved in a little warm water; lastly, add one generous tablespoonful of orange marmalade. Grease the pudding mold, fill with the mixture only a little more than half-full, as the pudding rises to twice its bulk; steam for two hours; keep up a steady boiling under the steamer; when cooked, turn onto a dish and serve with whipped cream. This pudding is attractive looking as well as good.

Mountain Pudding.

One-half pint of milk, one egg, one tablespoonful of butter, one tablespoonful of sugar, two teaspoonfuls of baking powder, a little salt and nutmeg. Beat the butter and sugar together, add the egg well beaten; stir in the milk, then one cupful of flour, in which sift the baking powder; mix together quickly; bake in one cake and serve with sauce either of wine or sugar and cream.

Fried Pancakes.

One pint of sour milk, two pints of flour, two eggs, one saltspoonful of salt, one-half teaspoonful of soda, the grated rind of one lemon. Mix the flour and milk together until smooth, add the soda dissolved in a little warm water, then add the salt and lemon; lastly the eggs beaten until light. Have the lard in the frying kettle deep and hot, drop the batter by spoonfuls into the hot fat and fry for one minute; serve with sifted sugar over them.

Plum Pudding.

One pound of beef suet chopped fine, one-half pound of bread crumbs, one-half pound of flour, two pounds of currants, two pounds of raisins, stoned, one pound of Sultana raisins, one-half pound of sugar, one pound of citron cut fine, one-half pound of orange peel chopped fine, one-half pound of lemon peel chopped fine, one wine glass of wine, one wine glass of brandy, one teaspoonful of cinnamon, one teaspoonful of nutmeg, one-half teaspoonful of cloves, one-half teaspoonful of allspice, twelve eggs. Mix the suet, bread crumbs, flour, sugar, yolks together, then the spices, brandy and wine, then the fruit; lastly the whites of the eggs beaten stiff. Have quart bowls buttered; fill these with the mixture nearly to the top; have a cloth wet in hot water wrung out and floured; tie this over the bowls, plunge the puddings into a large deep pot with boiling water to cover them; keep them covered and boiling for six hours. It is better to make the recipe into several small puddings, though it can be boiled in one

large bowl, if desired. The puddings will keep for a year, if kept dry and cool; when one is desired, plunge into boiling water one hour before serving, boil steadily, then remove the cloth and turn the pudding on a platter and serve with wine sauce or whipped cream. The pudding mixture can be put into pint pails, well greased, tightly covered and boiled.

Canned Peaches in a Mold.

One can of peaches, drain off all the juice; one-half box of gelatine, to which add one-half pint of cold water; let this stand for two hours, then add one-half pint of boiling water to dissolve the gelatine, then add the juice from the peaches; let this mixture just come to boiling point on the stove. Place in the mold the peaches, first dipping the mold into cold water, then pour the gelatine over the fruit. This mixture must stand over night to become very cold. Serve covered with whipped cream.

Pain Brulee.

Boil in the double boiler one pint of cream for one minute, then pour into it the yolks of four well beaten eggs, stir well until the sauce thickens, then remove from the fire, pour into the dish in which it is to be served and let it become cold; when needed, sprinkle over a thick coating of sugar, put into a very hot oven and brown; serve as a simple dessert.

Pineapple Bavarian Cream.

One pint of pineapple, one-half cup of sugar, one-half package of gelatine, one large cup of whipped cream or the whites of four eggs. Soak the gelatine in one cup of cold water; when dissolved, strain it into the juice of the pineapple, add the sugar and let all come to the boiling point on the stove; remove from fire; when it is cool and commences to thicken, add the whipped cream, or, if you use the eggs, add them and then the pineapple, which must be chopped fine; beat the mixture until very light, pour into a pudding or jelly mold and set in the ice box to harden. Serve with whipped cream. Strawberry cream is very good made in the same way, only rather more sugar must be used. Pineapples should be eaten after meals as they assist digestion.

Prune Pudding.

About fifteen large prunes; wash, soak in cold water for one hour, stew them until quite tender, cool, stone and chop them very fine; mix one-half cup of powdered sugar, one-half teaspoonful cream of tartar, pinch of salt; beat five whites of eggs until stiff, beat in the sugar mixture carefully and lightly, a little at a time; add the prunes, turn all into a mold holding two and a half pints; set the mold in a pan and pour around it hot water; bake in a moderate oven about twenty-five minutes. Serve with whipped cream or make a custard sauce with the yolks.

Fried Pineapple.

Take slices of pineapple, fry them lightly in butter and serve with meat or fish. The juice can be used to flavor ice cream or any stewed fruit. The Hawaiian canned pineapple is quite as acceptable as the fresh. The juice can safely be given to children.

Fried Prunes.

Select good sized prunes, soak them for several hours in cold water then drain, wipe dry and remove the stones. Take the same number of very thin slices of bacon as you have prunes, wrap each prune in a slice of bacon, fasten the bacon with little wooden toothpicks, fry in deep fat for two minutes and serve with game.

Stewed Prunes.

Use the large Oregon prunes for stewing. Wash them well in cold water, drain, pour over cold water enough to cover the prunes, let them soak for two or three hours, then put them into an earthen stewpan with the water in which they were soaked; bake in the oven until they are perfectly soft, keep the pan covered. Add, when the prunes begin to grow tender, one-half cupful of sugar to two pounds of prunes; baking prunes will be found a very good way, though cooked on the stove is the usual way.

To Bake Apples to Serve with Wild Duck.

Cut the apples in halves, Jonathan apples are the best for this, bake them in a very slow oven for the apples must not burn or lose color, baste them with some melted butter mixed with a little sugar. Serve with wild ducks or other game.

Potato Pudding.

Boil six potatoes until tender, mash them while hot, and add to one pint of mashed potatoes three-fourths pint of sugar, three-fourths pint of butter, six eggs, one grated nutmeg, the juice of one lemon, one wine glass of brandy. Bake in pudding dish about one-half hour.

Plum Charlotte.

One quart of ripe plums stoned, one pound of sugar; cook these together, butter some thin slices of bread, lay them on the bottom and sides of a pudding dish, pour the plums in boiling hot; cover the dish, and when quite cold, serve with cream.

Queen of Puddings.

One quart of milk, one pint of bread crumbs, yolks of four eggs, one tablespoonful of melted butter, a little salt. Mix these together, place in greased pudding dish and bake one-half hour; when the pudding is cold spread on the top a layer of good jam, and on top of the jam the whites well beaten with one teacup of sugar, brown in oven for five minutes, serve either hot or cold, with cream.

Rice Pudding—1.

One-fourth of a pound of rice, washed in several waters, then put into the stewpan with one and one-half pints of milk and stew gently until tender, then add one tablespoonful of butter and two tablespoonfuls of sugar; stir well and remove from the fire; when cool add three well beaten eggs, a very little salt and one-fourth teaspoonful of nutmeg; then put the mixture into the pudding dish and bake for twenty minutes.

Iced Rice—1.

One pint of cream, whipped; one-half pint boiled rice, very soft; three-fourths cup sugar; one-fourth box gelatine; one-half dozen figs, cut fine; same quantity of dry preserved ginger; one and one-half wine glasses sherry. Soak gelatine in a very little cold water, and when dissolved, warm slightly. Stir cream and rice together slowly. Add fruit, then gelatine. Put on ice to be served with whipped cream. One pint of cream will be enough in all. Three-fourths pint in pudding and one-fourth to whip.

German Rice Pudding.

Cook until perfectly soft six tablespoonfuls of well washed rice in one pint and a quarter of milk; when done let cool a little, then add six tablespoonfuls of finely chopped suet, five tablespoonfuls of sugar, two tablespoonfuls of candied orange or lemon peel, two tablespoonfuls of stoned raisins or sultanas, three eggs well beaten. Mix well. Place in well buttered pudding mold and cook steadily boiling, for two and one-half hours. Remove from mold and serve with German wine sauce.

Iced Rice Pudding—2.

Wash one pound of rice, put it into one quart of milk and cook until quite soft, add two vanilla sticks and three-fourths pound of sugar, and a little salt. Let all simmer until the rice grains are almost dissolved, take from fire, add the beaten yolks of four eggs; when cold add one pint of cream and freeze, when partly frozen add some chopped raisins and the whites well beaten. Serve with preserves or stewed fruits.

Rice Pudding—2.

This is really a delicious rice pudding to be eaten cold. Four tablespoonfuls of rice. Carolina rice is the best in quality and flavor. Put into the double boiler with one quart of milk; let it cook until the rice is absolutely soft, taking care to keep it cooking all the time; to insure this, look frequently at the hot water supply in the under boiler; when cooked, remove from fire, add one teaspoonful of salt and four tablespoonfuls of sugar; stir well and add one cup of cream; place in baking dish and put in the oven only long enough for a brown skin to form. Then put the pudding into the refrigerator (if in summer), and let it stand twenty-four hours. The pudding will be very creamy. Any of the pudding left over can be

used the next day either in ice cream or by putting spoonfuls on a dish, a little jam or preserves on top of each and some stiff whipped cream over. Or dissolve one-fourth box of gelatine in a little cold water, when dissolved, strain the pudding with one glass of any preserves or stewed fruit, putting all into a mold, which wet first, in cold water, and place on the ice to harden, then turn out on a dish and serve.

Rhubarb.

In cooking the wholesome rhubarb, do not peel it. The skin is gelatinous it melts and imparts a rich, red color and has the best flavor of any part of the stalk. Bake in the oven or stew on the back of the stove, using little or no water. If the sugar is added after the rhubarb is cooked it will not require as much to sweeten.

Meringue.

Have the whites of the eggs very cold and beat them, with a pinch of salt, until they are stiff. Then add granulated sugar—a tablespoonful and a half to each egg white. Beat thoroughly after adding the sugar, as this makes the meringue firmer and less likely to fall.

Most of the success of the meringue depends on the making, but the cooking is also important. The meringue should be browned in a rather slow oven and when it is browned it should be cooled slowly. A sudden change from a hot oven to a cold pantry window makes it shrivel and fall. When a gas oven is used the gas can be turned out when the meringue is done and it can be allowed to cool at the edge of the oven.

Nesselrode Pudding.

Take twenty Italian chestnuts, peel them and boil for five minutes; then peel off the second skin, and cook them slowly with one cup of sugar until they are tender, then drain and press them through a fine sieve. Put four eggs, yolks only, in the double boiler with one-fourth of a pound of sugar and one pint of cream; stir this mixture over the fire (but not allowing it to boil), until it thickens, then put in the chestnut puree and strain all into a basin and add one tablespoonful of maraschino; cook together one small cup of stoned raisins, one small cup of currants, one-half cup of sugar and one tablespoonful of water; when cooked, drain and let them cool. Pour the chestnut cream into the freezer, partly freeze it, then add one-half pint of whipped cream, the raisins and currants; close the freezer carefully and put it into the ice and salt for two hours, to finish freezing the cream. Make the sauce with one-half pint of boiled cream, four eggs (yolks), one small cup of sugar; stir over the fire until it thickens, strain and add one tablespoonful of maraschino. Turn the pudding from the mold and pour the sauce around it.

Rhubarb with Raisins or Prunes.

Cook the rhubarb with stoned raisins, dates or prunes; the prunes should be soaked for three or four hours in cold water before putting them with the rhubarb. Put in the sugar after the fruits are cooked.

Baked Rhubarb.

Cut the rhubarb into pieces about an inch long, put in a baking dish with an equal weight of sugar, cover closely and bake about one hour.

Pears a la Conde.

Boil in the double boiler four tablespoonfuls of rice until tender. Then remove from the fire, add one-half teaspoonful of salt and put into a mold which has been dipped in cold water. Then put on the ice to cool. When needed, turn out on a pretty dish. Stew while the rice is cooking some pears, peel, core and halve them. Cook in one-half pint of water and one cupful of sugar; stew them slowly and when tender, remove from the fire, add one teaspoonful of vanilla extract; when needed, place them around the rice and pour over any of the sauce left and serve with cream.

Roly-Poly Pudding.

Chop until fine one-half pound of suet; remove the strings or hard parts, add one-half pound of flour, one-half teaspoonful of soda dissolved in a little water. Mix them together with one teaspoonful of salt; make into a stiff paste with a little cold water, when well mixed, roll out once, to one-half inch in thickness, spread on the roll either raspberry or blackberry jam, or the freshly gathered fruit and mashed with sugar enough to make them quite sweet, wet the edges of the roll, roll it up, pinch the edges and the ends together; dip a clean pudding cloth into boiling water, wring it out, flour one side, put the roly-poly in it, tie up each end of the cloth and pin the center where it joins; place in boiling hot water and boil steadily for one and one-half hours, then remove from fire, take off the cloth and serve with cream.

"When the strawberries red
Illumined their bed,
The angel looked on and was glad;
But the devil, 'twas said
Fairly pounded his head,
For he had put all his bones in the shad."

Strawberries.

Unless strawberries are large and quite perfect, they should not be served with the hulls, but if they are large and perfect, there is no more delightful way of serving them. Look them over, see that there is no sand on them. Put on a plate some strawberry leaves for the berries, and a tablespoonful of powdered sugar or "berry" sugar, on one side of the

plate. Strawberries with the hulls taken off and served with cream and sugar should always be looked over carefully as sand often clings to the berries.

Strawberries with Rum.

Hull the berries, place them in a glass bowl, sprinkle them well with powdered sugar, and to each quart of the fruit add one-half pint of Jamaica rum and water—one-third rum, two-thirds water. Stand the bowl on the ice for a half hour before serving.

Souffles.

For the baking of any souffle, the oven should be moderately hot, the dish in which it is baked, well greased, and the souffle served in the same dish. If too hot an oven, the souffle will not be cooked inside for a crust forms too soon over it, and the souffle will be heavy.

Souffle Pudding—1.

Take the yolks of three eggs, beat them until light; add one tablespoonful of cornstarch and two tablespoonfuls of flour mixed together, one saltspoonful of salt and enough milk to make a soft batter; add last the whites of three eggs beaten stiff. Butter the pudding dish, pour in the souffle and bake for fifteen minutes.

Souffle Pudding—2.

One-fourth of a box of gelatine soaked for one hour in a little cold water, one cup of milk, two eggs, one-half cup of sugar, three tablespoonfuls of cornstarch. Put milk into the double boiler with the two yolks, the sugar and the cornstarch, which must be first mixed with a little cold milk; let the mixture come to a boil, then take from the fire and add to it the gelatine; beat all well together with one teaspoonful of vanilla and the beaten whites, then let it cool; when it is cool beat into the mixture one-half pint of whipped cream. Put into a mold and serve with whipped cream.

Savarin with Rum.

One pound of sifted flour, one-fourth pound of sugar, one-half pound of butter, eight eggs, one cake of yeast dissolved in one-half pint of warm milk; strain the yeast and put into it as much of the flour as will produce a soft dough; roll this into a ball; place the remainder of the flour in a deep basin, lay the ball of dough on it, cover it up and leave it in a warm place until the ball of dough has risen; then add the sugar, the butter slightly melted, the eggs, a pinch of salt, and mix the mixture with the fingers until a smooth paste is obtained. Butter well a large, plain mold; put on the bottom and sides some finely chopped almonds and fill with the cake mixture which should fill not more than two-thirds of the tin. Cover the tin and place it in a warm place to rise; when well risen, bake in a moderate oven for one and one-half hours. Before turning the cake out, stab the top with

a knife in several places and pour over it a syrup of two parts of old rum and one part very sweet syrup mixed, then, turn out on a dish and serve either hot or cold.

Spanish Cream.

One quart of milk, one-half box of gelatine, four eggs beaten separately, two teaspoonfuls of vanilla, one cup of sugar. Soak the gelatine in the milk for one-half hour, then put it on the fire in a double boiler; beat the yolks light, add to them the sugar, stir well together; as soon as the milk boils, stir in the eggs and sugar until the mixture thickens, then take from the fire to cool. Beat the whites until they are stiff, add the vanilla, stir the whites into the custard and put into a mold. Serve cold.

Spanish Puffs.

One-half cup of cold water, one teaspoonful of butter, four eggs, one saltspoonful of salt; put the water and butter into a stewpan; when it boils, add sufficient flour to form a paste that will leave the sides of the pan; it must be very stiff. Let this cool, then add the yolks of the eggs one at a time. Have some deep, boiling lard and drop the mixture, a teaspoonful at a time, into it and cook for two minutes. Serve with wine and a little melted butter mixed together and poured over the fritters.

Sponge Pudding.

One pint of sweet milk, six eggs, four tablespoonfuls of flour, butter the size of an egg. Boil the milk, when boiling add the butter, stir in the flour mixed to a soft paste with a little of the cold milk. When the sauce is thick, remove from the fire and let it cool; when cold, add the yolks of the eggs well beaten, then the whites beaten stiff; mix all well together. Butter a two-quart pudding dish, pour in the mixture, place the dish in a pan of boiling water two inches deep; bake in a hot oven for thirty-five minutes. Serve with wine sauce. Serve as soon as baked in the same dish.

Sponge Batter Pudding.

One cup of milk; made boiling hot and stir into it one-half cup of flour carefully stirred into one cup of cold milk; cook these together for five minutes, stirring frequently. Beat three eggs separately; add to the hot mixture two tablespoonfuls of butter; then add the yolks and two tablespoonfuls of sugar; lastly the beaten whites. Bake for thirty minutes in a pan of hot water; serve with cream.

Suet Pudding.

One cup of molasses, one cup of suet chopped fine, three-fourths cup of flour, one cup of milk, one cup of stoned raisins, one teaspoonful of soda, four cups of flour, one teaspoonful of salt. Mix all together, put in buttered pudding mold; boil for three hours.

Sauce for same: One cup of powdered sugar, one-half cup of butter; rub together until creamy, then add one-half cup of hot wine.

Suet and Fruit Pudding.

Twelve tablespoonfuls of finely minced apples.
Twelve tablespoonfuls of currants.
Eight tablespoonfuls of finely chopped suet.
Eight tablespoonfuls of Sultana raisins.
Eight tablespoonfuls of light brown sugar.
Six tablespoonfuls of fine bread crumbs.
Two tablespoonfuls of brandy.
Grated rind and juice of one lemon.

Mix these ingredients well together. Steam or boil in mold for two hours. When cooked, remove from mold, place on small platter and serve with German wine sauce.

Swedish Pancakes.

Three eggs, yolks only; nine tablespoonfuls of sweet milk, one tablespoonful of flour, one tablespoonful of sugar, a little salt. Beat all together until very light; bake on a hot griddle. Do not turn them but roll with a knife; beat the whites very stiff, add to them a little sugar and pour over the pancakes, or else whip one-half pint of cream and pour it over instead of the whites.

Farina or Toothsome Pudding.

Put one quart of milk in the double boiler, when hot stir in three tablespoonfuls of farina, stir well and cook until the farina is clear and soft, add one-half teaspoonful of salt, remove from fire, add one-half cup of sugar and two tablespoonfuls of butter, mix, then let all cool. One-half hour before dinner, beat three eggs until very light together, add them to the cooked farina, pour in baking dish and bake one-half hour. Serve hot with cream or some sweet fruit juice. This pudding is very good and can be served to little children or an invalid.

Transparent Pudding.

Eight eggs well beaten, one-half pound of butter, one-half pound sugar, one-half nutmeg, grated. Put into the saucepan and keep constantly stirring till mixture thickens. Cover pie plates with good puff paste; fill with the mixture after it is cool, bake in a moderate oven. Slices of citron and candied orange can be added if desired.

Yorkshire Pudding.

To serve with roast beef, etc.: Three eggs well beaten, one pint of milk, small teaspoonful salt, two-thirds of a cup of flour. Mix the eggs and milk, take one cup of the mixture and pour over the flour and stir until smooth, then add the remainder and beat well. Bake in hot gem tins forty-five minutes; baste with the drippings from the beef; serve around the beef

on the platter. Or the batter can be baked in a separate pan, or baked in gem pans.

Ice Creams, Ices.

Always have the mixture to be frozen cold before putting into the freezer; the ice crushed fine and one-third as much salt as ice. When the freezer is well packed in salt and ice, pour over a pint of water,—this fills in the spaces left by the ice and salt, and helps the melting of the ice. Salt water at the freezing point is colder than fresh water at the same point. A mistake is often made in turning the dasher too rapidly; the cream will not freeze until the ice around begins to melt; use rock salt, turn the crank slowly, and the cream will be frozen in about twenty minutes.

Home-made ice cream often becomes like butter to the dismay of the maker; to prevent this it is necessary to scald one-half the cream and milk, then put with the other half of each and have them perfectly cold before putting into the freezer; the heating of the cream gives a certain ripe flavor to the ice cream, but it must *not* boil; milk or cream is scalded when a little wrinkle comes on the surface; always use double boiler. Turn the crank slowly at first, then increase the motion; you will know by the crank when the cream is frozen, without opening the can, for it will turn very stiffly. When opening the can, wipe off the top very carefully so that none of the ice or salt will get into the cream—a very little will ruin the cream. Take off the top, remove the paddle, and with a wooden spoon or spatula work down the cream. If fruit or whipped cream is to be added, they should be put in now. Mix all well together, smooth the cream on top, cover the pan and cover all with carpet; it improves by standing; it ripens. Look at the freezer to see that the water is not too near the top, draw it off from the side and add a little more ice and salt if they seem needed.

It is always better to dissolve the sugar in a little cold milk before adding it to the cream; a hard and fast rule for the sugar seems almost impossible; tasting seems the only guide and it must taste much sweeter than usual, for freezing seems to take out some of the sweetness.

Almond Ice Cream.

Prepare a quart of ice cream. Blanch four ounces of sweet almonds. To blanch them pour over them boiling water, let it remain on the nuts for a few minutes. The brown skins will rub off easily then. Put the almonds, when blanched, in the oven until they are quite brittle, but they must not brown. Boil four ounces of sugar and a half cup of water together for five minutes, skim, and throw in the almonds. Stir them until part of the sugar adheres and they begin to turn yellow. Take them out of the syrup, chop or grind them and stir into the ice cream, which should be flavored with vanilla extract.

Custard Ice Cream.

Custard ice cream is made like any other custard, only twice the amount of sugar must always be allowed for anything that is to be frozen, and of course, it must be perfectly cold before putting into the freezer.

Fruit Ice Creams.

Fruit ice creams are so easy to make and all delicious, especially so when made with the juice of the fresh fruit. A safe proportion of sugar to use is one pound of sugar to two pounds of fruit. When only the juice is to be used, mash strawberries or raspberries, put over the sugar, let them remain in a cool place for two or more hours, so that the juice will run out of the berries; then strain the juice, add one quart of cream and one-half pound of sugar with the juice of one-half a lemon; stir well together, then pour into the freezer. It is well to let all creams stand in the freezer ten minutes before beginning the process of freezing. Stir down the cream as it freezes and keep on turning ten minutes after it is actually frozen. This gives smoothness. If the paddle or dasher is removed when the cream is finished and the cream packed down smoothly, it will usually come out in a sound column quite pretty enough to serve as a loaf, and it is a difficult task for home ice cream makers to mold ice creams at first. I have mentioned only strawberries and raspberries, but the juice of any fruit can be used. But do not freeze the fruit itself in the cream. Add it at last; freezing makes the fruit so hard as to be quite uneatable.

Nut Creams.

Nut creams are very good, not so generally served as ice creams, but easily prepared, especially now that all the nuts can be bought ready for use in confectioners' supply stores. Formerly it was tedious work to crack and shell them and to pick out the meats. To use the nuts in creams or in frozen puddings, pound the nuts or run them through the meat chopper, adding a very little white of egg to them, so that they form a paste easily stirred into the cream or pudding.

Walnut or Hickory Nut Cream.

Put about a pint of the nuts into a cool oven until they are perfectly dry and hot, not too hot; rub them well between two coarse towels, blow off all the loose skins, then chop or pound them. Make a cream or custard with the yolks of three eggs and one-half pint of milk. Dissolve one-half ounce of gelatine in a half-cup of water; when dissolved, mix it with six ounces of powdered sugar and add to the custard when nearly cold. Stir in the nut paste, seeing that it is well mixed with the custard and not in lumps. Add one pint of cream, whipped solid. If you desire some other flavor, add a little vanilla extract, but the nuts really give a delicate, distinctive flavor.

Apricot Ice Cream.

Stew two-thirds of a pound of dried or canned apricots in one quart of water until perfectly soft, then add three cups of sugar; cook until the fruit and syrup look clear, then strain through a fine sieve and put on the ice to cool. Mix one quart of cream and one pint of milk together and whip for fifteen minutes; be sure that the cream is very cold; then add slowly the apricots; when well mixed, place the mixture on the ice for three hours to ripen. One-half hour before required, freeze.

Banana Cream.

Peel six bananas and pound them to a pulp; add the juice of two lemons and one glass of curacoa, strain and add one pint of whipped cream and one-half pound of sugar; freeze.

Cafe Parfait.

One cup of strong coffee, two cups of sugar, one pint of cream; melt the sugar on the stove with a little water—about one-half cup—until it is a rich syrup, then pour in the cream; when hot, stir in the yolks of four well beaten eggs; as soon as the mixture thickens, remove from the fire; when cool, add one pint of whipped cream and freeze. Serve in glasses or in glass cups.

Frozen Egg Nog.

Two quarts of thin cream, two teacups of sugar, five eggs, one nutmeg, two wine glasses of rum, one wine glass of brandy. Beat the yolks with one cup of sugar until light, add the grated nutmeg; beat the whites with the remaining cup of sugar; mix together; pour into the freezer; when partly frozen pour in the brandy and rum very slowly and beat the mixture well.

Maraschino Ice Cream.

To one pint of cream add four wine glassfuls of maraschino, the juice of one lemon and one-half pound of sugar. Mix well together and freeze.

Pineapple Ice Cream.

One pineapple grated fine, one cup of sugar, one quart of cream, scald one-half of the cream and the sugar; when cold stir in the pineapple and the other half of the cream, which must be whipped; then put into the freezer. See general directions for freezing. Preserved pineapple can be used, omit one-half of the sugar if it is.

French Vanilla Ice Cream.

One pint of cream, one-half pound of sugar, four yolks of eggs. Put the cream in a double boiler and scald, then pour it on the sugar and beaten eggs and mix well together; return to the fire and stir until it thickens, then strain and let it cool; add one teaspoonful of vanilla and freeze. A half-pint of whipped cream stirred into the freezer when the mixture is half frozen may be added.

Macaroon Ice Cream.

One quart of cream, one-half cup of finely rolled macaroons, one cup granulated sugar, two tablespoonfuls of sherry, one teaspoonful of vanilla extract. Mix the cream and macaroons together, dissolve the sugar in a little of the cream first, then stir it into the remainder of the cream, mix sherry and vanilla together; freeze as directed in recipe for vanilla ice cream.

Apricot Muscovite.

One pound of apricot jam, rub through a sieve, and, if not sweet enough, add some fine sugar. Make a custard with one scant pint of milk and the yolks of four eggs. When the custard is thick, let it cool and then add to it one-half ounce of gelatine which has been dissolved in a little hot water, strained and cooled. Whip all well together and as soon as the mixture becomes firm add one-half pint of stiffly whipped cream, one wine glass of either noyeau or apricot brandy. Pack into a mold and place in a pail, surrounded with broken ice and salt; let it remain in this for at least two hours. Any good fruit jam may be used in place of the apricot.

Caramel Ice Cream.

Put six tablespoonfuls of sugar into an iron frying pan, and stir over the fire until the sugar melts and turns a dark brown (not burnt), boils and smokes. Boil one pint of milk, turn it into the brown sugar; stir over the fire a minute and put away to cool. When cold, add one quart of cream, one-half pound of sugar, one tablespoonful vanilla. Mix well and freeze; but before the cream is quite frozen add a half pint of whipped cream; then finish freezing.

Chocolate Ice Cream.

Use the recipe for vanilla ice cream and when the cream is hot, add four ounces of melted chocolate. Melt the chocolate in a small saucepan, then add just enough milk to make it liquid and stir it into the cream; add one tablespoonful of vanilla extract and freeze as directed for freezing ice creams.

Pineapple Ice Cream in the Pineapple.

Cut the top from a fresh pineapple; be sure to select a perfect pineapple, one that has the green leaves on the top; scoop out the inside, or cut it out close to the sides, then cut out the hard core; grate the rest, add enough plain ice cream to the pulp to fill the shell, and replace the top, serving on a pretty dish. The filling can be made of pineapple water ice. For the water ice boil one cupful of sugar with three cups of water until the syrup thickens a little, then add the grated pineapple, stir for one moment, remove from the fire, let it cool and when cool, freeze.

Wiesbaden Ice Cream.

One quart of milk, one pint of cream, four eggs; beat yolks into the cream, add one pound of sugar; freeze partly, then add one can of Wiesbaden or any other strawberries, and the whites of the eggs, well beaten.

Rice Ice Cream with Orange Sauce.

Wash one-half cup of rice well, put it in the double boiler to cook with one pint of cold water, cook for one-half hour, then drain off any water and add one pint of hot milk and cook until the rice is perfectly soft. Whip one quart of cream until all the cream is frothy. If there remain any which will not whip, put it with the rice.

Place the whipped cream where it will keep cool. When the rice is cooked, press it through a coarse sieve and return to the boiler. Beat until light the yolks of six eggs and two cups of granulated sugar; put these into the hot rice, stirring well; cook together for two minutes, or until the mixture thickens, remove from the fire, add one tablespoonful of vanilla extract and let all cool. When quite cold, put into the freezer and freeze. When nearly stiff, stir in the whipped cream, remove the dasher, cover the pail and let it stand until needed.

The orange syrup to serve with this cream is made with one dozen sweet oranges, the juice of a small lemon, one pound of sugar and one teacupful of water. Boil the sugar and water together for ten minutes, skim, add the lemon juice, remove the rind from the oranges, slice and remove the seeds, cook them in the syrup, a few at a time, until all seem cooked, put the slices on a platter so that each slice is alone. After all are cooked, put over the hot syrup and when cool, place on the ice to chill. When the ice cream is served, heap the oranges on and around it with the syrup.

Rice Ice Cream.

Put in double boiler one quart of water with four tablespoonfuls of rice and the juice of one lemon; cook until perfectly soft, then remove from fire and pour over the rice one-half pint of sugar syrup, made by boiling five tablespoonfuls of sugar with one pint of water to a syrup. When ready to serve drain off the syrup and stir the rice into a vanilla ice cream in the freezer. Let blend with the ice cream until ready to serve.

Peach Ice Cream.

Make a cream same as directed in vanilla ice cream, and when half-frozen add one quart of *very ripe* peaches cut into small pieces and finish as directed. Sprinkle one cup of sugar on the peaches one-half hour before using them in the ice cream.

Vanilla Ice Cream.

Two quarts of cream, or one quart of cream and one quart of new milk. Put the cream into the double boiler with one pound of sugar. When the

sugar is melted and the cream hot, remove from the fire and put with it the quart of milk. Place on ice to thoroughly chill; and when ready to freeze add one vanilla bean which must be ground very fine, or one tablespoonful best vanilla extract. Then proceed as by directions for freezing. A richer cream is made of *all* cream.

Vanilla Ice Cream with Hot Chocolate Sauce.

Make the ice cream with one quart of rich milk in which dissolve a pinch of soda. Bring the milk to the boiling point in the double boiler. When the little crinkled skin forms on the milk, it is right. Beat six eggs together until very light, add three cups of granulated sugar and slowly stir over the hot milk. Return all to the boiler and stir until the custard is thick enough to mask the spoon. Now take the custard from the fire, add two tablespoonfuls of vanilla extract, and put the cream to cool. When it is perfectly cold, put in one quart of cream, mix all together thoroughly and put into the freezer. Freeze the cream very stiff—until the crank will not turn without difficulty. Pack the freezer in the ice, first removing the dasher. Let it remain for one or two hours, or until required. Serve in slices on cold plates and serve with it hot chocolate sauce. To make this sauce, grate one-half pound of chocolate into one cup of hot cream or milk, dissolve three tablespoonfuls of arrowroot or cornstarch in a half cup of milk. Boil together one cup of granulated sugar and one pint of water until quite clear; add to this mixture the chocolate and milk or cream, the arrowroot and milk. Cook, stirring constantly for seven or eight minutes, then remove from the fire, stir in one small spoonful of vanilla extract and send to the table. While you are taking out the ice cream, keep the sauce hot over the fire in a pan of hot water.

White Grape Ice Cream.

One pint of cream, one pint of milk, four whites eggs only, separating the whites and yolks; two cups of sugar; beat whites. Add the other things together, stir in whites and one cup of brandied cherries and white grapes seeded, when cream is partly frozen.

Apricot Ice.

One can apricots, one pint cream, one pint of water, two cups of sugar. Mix fruit, sugar and water; stir in the cream when in freezer.

Currant Fruit Ice.

Rub one quart of ripe currants through a fine sieve, add one cup of water made very sweet; mix with this the unbeaten whites of three eggs and freeze, stirring constantly.

Strawberry Ice.

One pint of strawberry juice, one pint of water, one pint of sugar, two lemons (juice only), two tablespoonfuls of gelatine, dissolved and strained. Freeze all together.

Mousse.

A mousse is made with whipped cream, and is frozen by being simply packed into a tin, this tin or mold surrounded by ice and salt; it takes about four pints of coarse salt to freeze a two-quart mold. Put the mold into the ice and salt, then turn into it the preparation; stir all the time, then cover and let it remain for four or five hours undisturbed.

Apricot Mousse.

Cook one-half pound of California dried apricots until they are soft, then put them through a sieve; when cool add to them the following ingredients: Beat together one and a half cups of sugar with the yolks of four eggs until very light, then place in the double boiler and cook until smooth like custard, carefully stirring all the time; when the mixture masks the spoon, it is ready to take from the fire, then cool, when add one pint of whipped cream and place in the freezer and pack in ice and salt for two or three hours, then serve.

Cherry Ice.

One can of best white cherries. One pint of water, add one cup sugar, the juice of two lemons and four oranges. One pint of white wine, freeze and serve with whipped cream.

Lemon Sherbet.

One quart of rich milk, two level teacupfuls of granulated sugar. Mix these together and scald in the double boiler. Keep stirring all the time. Let this mixture cool. When cold, put into the freezer, let it rest there for ten minutes, then partly freeze it and add the juice of four lemons. You may think that your sherbet is hopelessly curdled, but go on and freeze it. It will come out all right. You can use two lemons and one orange, if preferred. The juice of a quart of strawberries or raspberries with the juice of two lemons, is also good.

When you have finished freezing, always see that the freezer is put away perfectly clean and dry.

Peach Mousse.

Take one quart of very ripe peaches, or one can of peaches, rub them through a sieve, then add one pint of sugar, mix well together, then add one quart of whipped cream and one wine glass of sherry (omit this if not liked); fill the mold and pack it in the ice and salt to stand for three or four hours.

Maple Mousse.

Put one cup of maple sugar into one pint of cream in double boiler with the yolks of four eggs, well beaten; when thick and smooth like custard, it is ready to take from the fire; then whip all well together and place on ice to cool. Have the freezer in the ice and salt, pour in the mousse and let it stand three or four hours before serving.

Strawberry Mousse.

Mash one quart of ripe strawberries through a sieve, then add a pound of sugar; let them stand for one hour, then add one quart of whipped cream. Fill the mold, cover closely and pack it in the ice and salt for at least three hours. When ready to serve, take out the mold, wash it thoroughly in cold water to remove any salt water, remove cover and serve. The cans in which either ice creams, ices or mousse are put should always be carefully washed off in cold water before taking off the cover.

Roman Punch Frozen.

One quart of cold water with one pound of sugar cooked in double boiler, with the juice of three and rind of one lemon. Cook these together until the sugar is melted. Then take from fire and place on ice to cool. When cold put into the can and freeze, not too stiffly. Twenty minutes before serving, open the freezer, add two wine glasses of rum, one wine glass of maraschino, stir well and fill tall glasses, or glass cups, placing on top some whipped cream.

Preserves, Jams and Jellies.

It is absolutely necessary in order that the preserves, jams and jellies will keep for the fruits composing them be fresh. If necessary to wash them, do so as expeditiously as possible, and drain them at once. In preserving, to every pound of the fruit, add one pound of sugar, place in preserving kettle, let them come to the boiling point very slowly, then cook until the berries look clear and begin to sink in the kettle; then skim and place in glasses. Cover these the next day with stiff paper or paraffine. It is a good plan to put the sugar over the berries the night before they are to be preserved, weighing both first. The sugar keeps the berries in shape.

In canning fruits only a small amount of sugar is used. As a rule the California canned fruits are excellent; also the fruits from New York state, and, no doubt, from other states.

Of course if you have your own orchard, it is far better to use the fruits thereof, but if you have to purchase your fruit, I can recommend that you purchase the best of the California output, or New York State, feeling sure you will find all the various fruits well done, and after considering the cost of the fruit, sugar, jars, your time, etc., I think you will find you are rather ahead than at a loss. I only speak of canned fruit. If possible, make your own preserves.

In making jams, the same rule must be observed, that only the freshest and best fruits are used. Every utensil used should be perfectly clean. Use only a large kettle to cook in. Have a steady, hot, not fierce fire. Cook the jam at first quickly that all the scum may rise and be skimmed off; then place kettle on a cooler part of the stove.

The rules for jams are more flexible than those that govern the making of preserves, for among the best jams are those that contain more than one kind of fruit and a little study and practice will make various combinations not only possible but valuable.

Rules for Jams.

To cook the jams until the juice jellies or thickens on a plate.
To place it after, in clean, dry jars or glasses.
To cover well and mark.

In cooking jams and preserves it may be necessary to extend the time given in the recipes, the fruits *must* be well cooked before removing from the fire.

Apple Jam with Pineapple.

A little pineapple can be mixed with the apples. Cut the apples in small pieces; to every pound of the apples, add one pound of sugar and to every five pounds of the apples add one pound of pineapple, grated. Cook until the fruit looks clear, stirring almost constantly; skim carefully and place in small glasses. When cold, cover with thick paper.

If you prefer to have jam perfectly smooth, pass all the jam through a sieve after it is cooked, mashing it well, then place in the jars or glasses.

Blackberry Jam.

Pick over the berries carefully; to every pint of berries, allow three-fourths pint of sugar, mash together and then place in the preserving kettle and let all boil slowly until the syrup thickens; skim the jam and put into jars; the next day cover with papers wet in alcohol, and another cover of stiff paper pasted on with the white of egg slightly beaten.

Crab-apple Jam.

Quarter crab-apples as you would for jelly, and put them in a kettle, with only enough water to keep them from scorching. They will have to cook a long time before they will be soft enough, for they must not only be crushed, but also be put through a vegetable press, and thus reduced to a soft pulp. Not until this has been done is the sugar added to them; this should be well stirred in and cooked only long enough to thoroughly dissolve it.

Peach and Pineapple Jam.

Peel and stone good-sized, firm peaches before weighing them. Allow one pound of granulated sugar to every pound of the fruit, and one pound of pineapple (peeled and shredded fine) to every five pounds of the peaches. The pineapple should be very ripe. Put this and the peaches together in the preserving kettle and cook slowly, stirring often and well from the bottom. After the boiling point is reached, cook for three-quarters of an hour, stirring constantly. At the end of this time put in the sugar, let all boil a few minutes and simmer after this for fifteen minutes, removing any scum that may rise to the surface. Put up while hot in pint jars or in jelly-glasses.

The addition of brandy, in the proportion of a gill to every quart of jam, is considered an improvement by some.

Damson Plum Jam.

Stone the plums, which should be fresh and ripe, boil them for forty minutes in the preserving kettle, skim carefully, then add a pound of sugar to every pound of plums, boil for fifteen minutes, then put into small glasses or jam pots; cover when cold, with papers dipped in alcohol, and outside of these paste a stiff paper.

Morello Cherries and Raspberries.

A delicious jam will result from using equal portions of Morella cherries and raspberries. Stone the cherries, allow pound for pound of fruit and sugar; cook in the preserving kettle slowly for fully two hours, then remove from fire, fill small tumblers with the jam; next day cover with white paper, or with melted paraffine.

Pear and Pineapple Jam.

Make this in the same way as the peach and pineapple jam, peeling and coring the pears before weighing them. The addition of the pineapple gives a delicious flavor, or use the pears alone.

Quince and Lemon Jam.

Peel, core and slice quinces, reserving the parings and cores for jelly. Put the quinces over the fire in just enough water to cover them, and stew until they are soft. The allowance of sugar for this should be the same as for peach marmalade—three-quarters of a pound to every pound of the fruit. It will take a long while to reduce the quinces to the requisite softness, and they must be stirred and beaten often with a stout wooden spoon. When the fruit is well broken in pieces, add the sugar, and at the same time put in the juice of one large lemon for every two pounds of the fruit. Boil ten minutes after it has again come to the boil, and after the kettle has been removed from the fire, add the grated peel of one lemon for every five pounds of the conserve. This is a good and an unusual jam.

Fruit Jam.

Mix strawberries with pineapples cut very fine; to every pound of strawberries use a half pound of pineapple. Weigh them together and to every pound of the mixed fruits use one pound of sugar. Place in preserving kettle, cook at first rapidly; when the scum rises, skim carefully, then place the jam on a cooler part of the fire, cook for fully two hours, then remove from fire, pour into glasses or jars and seal.

Raspberry Jam.

Select ripe, fresh fruit; to each pound of fruit, allow one pound of sugar; mash the raspberries, add the sugar, and boil together until the jam is clear, thick and smooth; remove all the scum as it rises. When cooked, put into jelly glasses; cover when cold, with papers dipped in alcohol, and on the outside put papers, either pasted or tied down.

Strawberry Jam.

Prepare in the same way as for raspberry jam, only remove the caps from the berries.

Grape Juice.

Take only fresh, ripe grapes, the Concord grapes make the richest juice, though other grapes may be used. Free the grapes from the stems, use no

sugar; put on the fire; as soon as the grapes are soft, strain them through a jelly bag of flannel or cheese cloth; when strained, put back on the fire, and when boiling once more, bottle and seal or put into glass jars and seal.

Jellies.

As there is more pectine (the gelatinous matter) around the cores and skins of all kinds of fruit, than in other parts, so in making jellies use both. The same rules that apply to jams apply to jellies.

Apple Jelly.

Pare the apples, cut them in pieces, place in the preserving kettle with a very little cold water; boil slowly until the fruit is soft, skim, then strain through a jelly bag; weigh the juice and for each pound of juice allow three-fourths of a pound of sugar, unless the apples were very acid, then one pound of sugar will not be too much; boil for fifteen minutes, skim and then stir the sugar into the juice; skim carefully; cook until the sugar is dissolved, or until the juice jellies upon the spoon; then pour into glasses; cover these the next day with papers wet in alcohol, and paste over these another paper. One tablespoonful of lemon juice may be added if desired, or a leaf of rose geranium can be cooked in the syrup, skimmed out, before placing the jelly in the glasses.

Black Currant Jelly for Game.

Mash the currants and boil them in a very little water, just enough to prevent their burning, then strain the juice and to every pound of juice add one pound of sugar; boil the juice for ten minutes, skim and add the sugar, stir until dissolved. Pour into glasses and cover these when cold, with papers wet in alcohol.

Crab-apple Jelly.

Put the crab-apples into the preserving kettle with just enough water to cover them; let them simmer until soft, then strain through a sieve. Take the pulp and strain it through a cheese cloth or flannel bag. Boil the juice for twenty minutes before adding the sugar; to every four pints of juice add four pints of sugar; boil together until a little of the juice will thicken on a spoon when tested; then fill the jelly glasses, dip them in warm water before filling. When the jelly is cold, cover with paper dipped in alcohol or with hot paraffine poured over.

Quince Jelly.

Quarter and core the ripe quinces, throw them into cold water until all are prepared; weigh, and allow one pint of water to each pound of fruit, simmer the fruit until it is very soft, be careful it does not burn, then strain through a jelly bag, do not squeeze the bag; weigh the juice, put it in a preserving kettle, and boil rapidly for twenty minutes; skim, then stir into it one pound of sugar to each pound of juice. If the juice is very sweet,

three-fourths of a pound will answer. Boil for twenty or thirty minutes, stir constantly and skim carefully until the juice jellies in falling from the spoon; then pour into jelly glasses, cover the next day with paper wet in alcohol, and then paper pasted over the top.

If you have more apples than quinces, double the amount of apples and proceed as in quince jelly, the flavor of the quince is so strong that the jelly is delicious.

Peach Jelly.

Peaches will not make jelly that is firm enough to retain its shape when turned out of the mold; but it is delicious for cake, puddings, etc. Prepare exactly as for quince jelly; do not peel the peaches.

Rhubarb Jelly.

September is the best time to make this jelly. Wash, but do not peel the rhubarb; cut it into small pieces; to every pound of the cut rhubarb, add a half cup of cold water; stew all slowly until the rhubarb is perfectly soft, then strain through a fine sieve or piece of cheesecloth. Allow one pound of sugar to every pint of juice; but let the juice cook a few minutes before adding the sugar, then add sugar and cook slowly until the juice begins to thicken on the edge of the kettle; take off the scum as it rises; turn into jelly glasses, which have been rinsed in hot water; when the jelly is firm and cold, pour melted paraffine over the tops. Cover with paper and keep in a dark, cool closet.

Grape Jelly.

Pick the grapes from the stems, wash and mash them, cook until they are soft, then strain; then boil this juice for five minutes, then strain and add to one pint of juice one pound of sugar. Boil together for fifteen minutes.

Lemon Jelly.

One box of gelatine, soak in one pint of cold water one-half hour, strain, add one quart of boiling water, one quart of sugar, the juice of eight lemons. Strain into a jelly mold.

Prune Jelly.

One pound of prunes, one-fourth pound sugar, one-half a lemon, one ounce of gelatine, one-half pint of cream. Put the prunes into a saucepan with sufficient water to cover them, add the sugar and the peel of the lemon, stew gently two hours, pass through a wire sieve, add the gelatine, having previously soaked it in water. Crack the prune stones and put the kernels into the jelly; boil all together for a few minutes and pour into a mold in the shape of a ring. When cold, turn from the mold. Whip the cream and heap it high in the center of the mold, and serve.

Wine Jelly—1.

One box of gelatine, soak this in one pint of cold water for two hours, then add one quart of boiling water, one and three-fourths pounds of sugar,

the juice of two lemons and one pint of sherry, strain carefully into a jelly mold.

Wine Jelly—2.

One package of gelatine, soak for two hours or more in one cup of cold water, then add the juice of one lemon and the grated rind, two cups of granulated sugar, two cups of boiling water, two cups of Catawba or sherry wine; let all soak together for an hour, then add the water and strain through a flannel bag; when all is strained, put the liquid into a jelly mold and set on the ice to harden. If desired to serve with cream, put the jelly into a mold which has an open center; this center can be filled with whipped cream when ready to serve.

Raspberry Jelly.

To each pound of raspberry juice add one pound of sugar. Prepare the juice in the same manner as for currant jelly.

Whipped Currant Jelly.

To Serve with Game.

One hour before dinner take a glass of currant jelly and whip it with the white of an egg; whip until it is all foamy. Whip the whites of two eggs until very stiff, add to them two tablespoonfuls of fine sugar, fold them into the jelly and heap in a glass dish, putting a little granulated sugar over. Any tart jelly can be used in this way.

Whipped Cranberry Jelly.

Wash the cranberries, place in preserving kettle, boil until the skins will come off, then strain, add one pound of sugar to every pound of fruit and proceed as for currant jelly. When needed, prepare as whipped currant jelly.

Wine Jelly Whipped.

Proceed as for whipped currant jelly.

Preserved Morello and other Sour Cherries.

Allow one pound of sugar to every pound of cherries after the stones have been removed. Take one-half of the sugar to make a syrup. You will have to add a half-pint of water to every pound for this syrup. Scald the syrup, then skim it, then pour it, while hot, over the cherries and let it stand over night. The next morning drain off the syrup, boil it again and pour it over the cherries. Continue this boiling of the syrup for eight mornings. The ninth morning put in the remaining half of the sugar. When it is boiling, put into the syrup all of the cherries, let them boil for two minutes, remove from the fire and place in jars, sealing while hot.

Mint Jelly.

One cup of fresh mint leaves, pour over them one cup of boiling water, steep for fifteen minutes; strain and bring to the boiling point, add one-

fourth box of gelatine previously dissolved in water, about four tablespoonfuls, stir until dissolved. Then add one saltspoonful salt, some white pepper, one teaspoonful of onion juice, though this may be omitted—place in a plain mold; when needed cut into small pieces and serve with lamb.

CANNING.

Always select very fresh fruits for canning and they should never be over-ripe. In preparing the syrup allow one-third of a pound of sugar to every pound of fruit. Do not try to can too much fruit at once. The jars must be absolutely clean and boiling water poured into them after; the covers must be boiled so as to thoroughly sterilize them. When the fruit is tender, empty the water from the jars, put on the rubbers (unless the jars do not require rubbers), fill them with the fruit and syrup, adding a little boiling water if there is not quite enough syrup for, perhaps, the last jar or two. Cover quickly, screw down tight, turn them upside down on a damp cloth; in a few hours see if there are any bubbles coming out or any leakage; if there is none, put the jars in a cool, dark place. Before sealing the jars, put a silver knife or spoon in the jars to break any air bubbles. Care must be taken to see that the covers are not bent; they often are when used the second time, and new rubbers should always be used each season.

Canned Bartlett Pears.

Wipe and pare the pears, throw them into cold water as you pare them, for pears discolor rapidly. Cook them either whole with the stems left on, or cut in halves. The proportion of sugar in canning is one-third pound of sugar for all fruits.

Canned Apples.

Prepare as Bartlett pears, only the apples need not be put into water before cooking. Canned apples are very useful in winter when apples are scarce and dear, as they make excellent apple sauce, puddings, pies, and can be used for frying.

Canned Peaches.

Peel the peaches, remove the stones, then weigh the fruit; to every pound of peaches put one-fourth pound of sugar, place all in the preserving kettle with a little water; let the fruit boil for ten minutes, skim carefully. Place in jars and fill the jars very full. Screw on the covers as soon as the fruit is put in the jars. Be careful to have the jars hot and sterilized.

Preserved Peaches.

Peel the peaches, cut in halves, remove the stones, weigh the peaches. For every pound of fruit allow one pound of sugar; place the sugar and peaches in the preserving kettle with just a little water; crack some of the stones and put the meats with the fruit; stew slowly and skim often; when the peaches are clear, remove them to a platter; let the syrup boil until thick, then strain it over the peaches; when cold, place in glasses or jars, and cover with papers dipped in alcohol.

Pear Preserves.

Four pounds of hard pears, four pounds of sugar, one-fourth pound of preserved ginger, four lemons, one pint of water. Pare and cut the pears into fine pieces; chop the ginger very fine. Place pears, sugar, ginger, lemon peel (which must be chopped very fine), and water in the preserving kettle and boil until the fruit is clear, then add the juice of the four lemons, cook five minutes longer and remove from fire. Put in hot glass jars, well sterilized, and seal at once.

Grape Fruit Marmalade.

Pare the grape fruit and slice the rind very fine. Chop all the pulp into small pieces, discarding nothing but the seeds. Place all the ingredients together and weigh exactly. To each pound, add one quart of cold water, and let all stand for twenty-four hours. Then cook until the pieces can be easily pierced with a straw, then let the mixture stand another twenty-four hours. Then weigh again and to every pound add one and one-half pounds of sugar and cook twenty minutes, boiling quickly; it should thicken like jelly; place in glasses or small jars.

Quinces Preserved in Slices.

Pare and core and cut into thin slices the ripe quinces; throw the slices into cold water until all are prepared. For every pound of fruit allow three-quarters of a pound of white sugar. Put the quince slices into the preserving kettle with a very little water, cook the fruit for ten minutes or until tender, then add the sugar, which has been dissolved in as little water as possible. Cook together until the slices of fruit are soft and clear. When clear, put into glasses and the next day cover with papers wet in alcohol and covered with dry papers.

East India Preserves.

One-half bushel of green tomatoes; after washing and slicing them into round, rather thick slices, put them into a porcelain kettle and boil until they are a light, transparent, green color. Drain off the water and measure the tomatoes; for each pound of tomatoes, one pound of sugar, three lemons cut into slices, five cents worth of ginger root broken into small pieces; boil all these well together, until the mixture is very thick—but the pieces should keep their forms—remove from the fire. In four days, boil the mixture again, if it is not thick enough. This preserve need not be sealed in jars.

Spiced Tutti-Frutti Preserves.

Scald twelve pound of ripe currants, rub them through a sieve to remove all seeds and stems; after this, add to the currants three pounds of seeded raisins, twelve seeded oranges cut into fine pieces, ten pounds of sugar, two teaspoonfuls of powdered cinnamon, one-half teaspoonful of powdered mace; put the mixture into the preserving kettle and cook very slowly for

three hours, or longer; the mixture must be very thick; stir frequently and watch that it does not burn. When cooked, remove from fire and put into small jars or glasses; when cold, cover with papers dipped in alcohol.

Strawberry Preserves.

Take the hulls from the berries; if possible avoid washing the berries—if it is necessary to do so, be as expeditious as possible. Take one pound of sugar to each pound of fruit; place the berries in the preserving kettle, let them come to the boiling point slowly; boil for fifteen minutes, carefully skim them, then place in small jars or tumblers; the next day cover with papers dipped in alcohol or cover with paraffine.

Strawberries Preserved in the Sun.

Select fine, large berries, remove the hulls. To each pound of berries use three-quarters of a pound of white sugar; let the sugar remain over the berries for three hours, then place all in the preserving kettle and boil for ten minutes. At the end of that time, carefully remove the berries from the syrup with a skimmer and place them on platters and put them in the sun. Cook the syrup until it is thick, then pour it over the berries. The next day pour off the syrup, reheat it, pour it over the berries and put all in the sun. Keep the berries in the sun till all the syrup is absorbed, then put into glass jars and cover with papers wet in alcohol, and with dry papers pasted over.

Tomato Preserves.

Put the little pear-shaped tomatoes into boiling water for a minute, remove and plunge into cold water; then drain and pull off the skins. To every pound of the tomatoes add one pound of sugar. Cook in the preserving kettle slowly and with very little water, at first only just enough to keep the tomatoes from scorching, for as soon as they are hot the juice will flow rapidly. Cut three lemons very fine, remove the seeds, add the juice also; to every eight pounds of tomatoes, add one tablespoonful of powdered cinnamon, also one tablespoonful of powdered ginger, if these spices are liked, but the preserve is delicious without them; cook slowly and until the preserve is very thick; then remove from fire and put into glasses or small jars. This preserve will be found very good to serve with roast meats.

Vegetable Marrow Preserve—Boston Squash.

Peel and remove the pulp and seeds, then cut into inch cubes, let no water be added, the juice of the marrow being sufficient moisture for the syrup—two pounds of marrow, two pounds of sugar, the juice of one lemon, the peel cut fine, three-fourths of an ounce of root ginger, one saltspoonful of cayenne pepper; boil gently one and one-half hours; when the syrup is transparent, add one-half of a wine glass of sherry, brandy or whiskey; place in glasses and cover with papers wet in alcohol, and an outer paper pasted over. Be careful to rub the marrow, not to wash it, should any earth adhere.

Watermelon Preserves.

Sixteen pounds of watermelon; remove the green rind and the seeds, cut the melon into two-inch squares. Take one-half pound of sugar to every pound of fruit; place in kettle one layer of fruit, one layer of sugar, then let these stand over night; next morning boil for four hours steadily, then add six lemons cut up into very small pieces and a little ginger root; boil one-half hour longer.

Syrup.

To every pound of white sugar allow one-half pint of water and one-half the white of an egg. Beat the egg until light, then put it, the sugar and water, into a clean saucepan, but let the sugar dissolve before putting on the fire. When the syrup boils, add one teacup of cold water, but do not stir it at all. Carefully remove all the scum as it rises, and when the syrup is clear it is ready for use. Put into glass jars and cover. It will keep for a long time.

Orange Sugar.

Cut off the thin, yellow rind of oranges, and dry it. When it is dry (it will take two days to dry it), put into the mortar or grinder with one cup of granulated sugar. Pound the mirture until it is a powder, then rub it through a very fine sieve. The rind of twelve oranges will require two cups of sugar. When very finely powdered put into tight glass jars. One tablespoonful of this mixture is required for flavoring a custard or cake.

Lemon sugar can be prepared in the same way as orange sugar.

Vanilla Sugar.

One pound of powdered sugar, one ounce of vanilla bean; split the bean, remove the seeds, pound well together with the sugar until fine, then bottle for use.

Brandied Cherries.

These are very useful to serve with ice cream or as an addition to fruit salads. Have the cherries picked on a clear, dry day. Stone them and fill wide-mouthed jars with them. Then pour in as much good pale brandy (California brandy is excellent for household use), as the jars will hold. Cover the jars closely and place them in a cool, dry, dark place for four weeks. At the end of the fourth week pour off the liquor, add to each pint three-quarters of a pound of sugar, boil the sugar and liquor together until the syrup is thick, skim it carefully, strain it through a fine sieve or coarse bag, pour it over the cherries, boil all together for five minutes, return all to the jars and cover tightly.

Brandied Plums.

The yellow plums are rather nicer brandied than the Damsons. To ten pounds of plums you will require seven pounds of sugar and one-half pint of water. Prick the plums all over with a big needle. This prevents the

skin from coming off, a tedious task, but necessary; throw them into cold water. Make a syrup with the sugar and water. When it is well melted let it boil a little, skim it, then put in the plums. Let them simmer only, never let them boil, until they are tender. Remove the plums, place them on a large platter, so as not to bruise them. Strain the syrup and let it cool. When both syrup and plums are cold, fill jars with the plums, add to every pint of syrup one-half pint of good brandy, pour over the plums, fill the jars to the top with the liquor and cover tightly.

Brandy Cherries.

For these the Morello cherry is the best of all the cherries, as they are of a fine, red color and keep well. Have the cherries picked with the stems on, handle them as little as possible, fill self-sealing jars. When the bottle is one-fourth full, put in some white sugar, then more cherries and so on until the jar is full; then fill in all the brandy possible and leave the cherries until the next day, then add more brandy, if needed, for the jars must be full; put on the covers and keep in dry, cool place. The cherries improve with age.

Brandied Peaches.

Select one peck of fine peaches, wipe them, and pour over boiling water, then at once remove the peaches and the skins will come off easily. Place peaches in preserving kettle; to every pound allow one-fourth pound of sugar and one pint of water; let the peaches cook until tender, but not to breaking point; then remove from fire, lift them out carefully from the kettle, place on a large platter, so as not to pile one upon another, strain over the syrup and let the peaches rest until the next day, then make a syrup of one pint of water to every pound of sugar for every pound of the peaches; boil this syrup until it thickens a little, skim carefully, then remove from fire, let it cool; pour off the syrup over the peaches, keep it to use in another way; put the peaches into wide-mouth jars, add to the syrup one quart of good, California brandy, stir together and pour over the peaches to fill the jars; put on the covers and place the jars in cool, dry place. The first syrup from the peaches should have one pound of sugar added to it, then boil it once, skim and put in glass jar and seal up. It will prove most acceptable in ice cream, in mince meat or for pudding sauces.

Plum and Crabapple Marmalade.

Cook equal quantities of ripe plums and crab-apples together until they are soft enough to go through a sieve, add a pound of the sugar to a pound of the pulp, cook slowly, watch that it does not burn; when the marmalade looks well cooked—it will take at least two hours' slow cooking—remove from fire and put into glasses or glass jars. Cover when cold either with papers, or with paraffine. Keep in a cool place.

Peach Marmalade.

Cut the peaches in pieces and weigh them; for every pound of fruit allow a pound of sugar. Cook the peaches in a very little water for three-quarters

of an hour, skim carefully and then add the sugar; crack a number of the stones and put the meats with the marmalade, add one tablespoonful of lemon juice; boil all together for thirty minutes, then put into small glasses; cover the next day with papers dipped in alcohol, and paste an outside paper over. It is an improvement, after the peaches are tender and before the sugar is added, if the fruit is pressed through a sieve and then returned to the fire.

Plum Marmalade.

Prepare as peach marmalade, omitting the lemon juice.

Pineapple Marmalade.

Peel the pineapples, carefully removing all the dark specks, then grate the fruit on a coarse grater, and put it into the preserving kettle, allowing to each pound of fruit a scant pound of sugar. Boil sugar and fruit together until the fruit is clear, skim and then put into small glasses or jam pots. Cover, when cold, with papers dipped in alcohol, and over this paste stiff white paper.

Quince and Apple Marmalade.

Peel, cut in pieces equal quantities of apples and quinces, and follow the directions for peach marmalade, omitting the lemon juice; add one-half teaspoonful of salt, and when thoroughly cooked, put the marmalade into small glasses or jars. Quinces can be used alone for marmalade.

Apple Marmalade.

Prepare in the same manner as peach marmalade, omitting the lemon juice.

Grated Quince.

Wash the quinces, wipe well to take off all the soft fuzz. Grate the quinces on a coarse grater; when ready to cook, add to every cup of the fruit, two and a half cups of sugar and two cups of water; stir well together, put into the preserving kettle and watch that it does not burn; cook slowly for two hours; then remove from the kettle, place in glasses or small jars and cover with paper dipped in alcohol or with parafine.

Baked Pears.

For this, canned pears can be used as well as fresh ones, cut the pears in halves, place on tin plate, cup side up, put in each half a small piece of butter, pour over the syrup and bake in slow oven until the syrup is all absorbed and the pears browned a little. These are very nice served with any meats or poultry.

Prunes in Blankets.

Soak some large prunes for two hours, then drain and wrap around each prune a slice of bacon, cut very thin, roll up and fasten with a little wooden toothpick, place on tin plate and cook in hot oven until the bacon is brown and begins to crisp. Serve hot around any meats or they are excellent for breakfast.

Chafing Dish Cooking.

Cooking in the chafing dish has now become so general that nearly every one knows its possibilities and the knowledge of its convenience in housekeeping grows daily. Nearly all warmed-over food can be done acceptably in the chafing dish. All egg and cheese dishes are perfectly cooked in the chafing dish. Also oysters in every form. Recipes will be found through the book, which can be used in the chafing dish, so I have avoided repeating them under this heading.

Chicken Creamed.

One pint of cooked chicken, twelve mushrooms chopped fine, one tablespoonful of butter, one teaspoonful of flour, one teacupful of milk or cream. Put the butter into the blazer, when hot stir in the flour until smooth; add the milk, then let the mushrooms cook in this for five minutes; season the chicken with a little salt and pepper add to the sauce and cook for three minutes. Serve from the chafing dish.

Cold Chicken or Cold Game.

Cut into small pieces cold cooked chicken or cold game; season with salt and pepper; put into chafing dish one teacupful of stock or hot water when hot, add the chicken or game, one tablespoonful of butter, and one small cup of currant jelly; as soon as the preparation is hot, serve.

Cheese Fondue.

Two eggs, one tablespoonful of butter, one cup of fresh milk, one cup of fine bread crumbs, two cups of grated cheese, one saltspoonful of dry mustard, a little cayenne. Put the butter into the chafing dish, when melted add the milk, crumbs, cheese and stir constantly, and just before serving add two well beaten eggs. This fondue can be cooked on the stove as well.

Eggs Scrambled.

Beat the eggs together a little, add to six eggs, six tablespoonfuls of ice water, one saltspoonful of salt, a little pepper and one tablespoonful of butter; melt the butter in the chafing dish; when hot, put in the eggs mixed with the water, stir constantly until they are cooked. Cream can be used instead of the ice water, using four tablespoonfuls.

Eggs Scrambled with Tomatoes.

Cook the same as for scrambled eggs, only omit the ice water, and add one cup of tomatoes.

Eggs a la Golden Rod.

One dozen hard-boiled eggs, chop whites and grate yolks. Make a sauce by blending two tablespoonfuls of butter and two heaping tablespoonfuls

of flour and pouring over this a pint of hot milk; when thickened stir in the chopped whites, seasoned with salt. Have ready, rounds of toast slightly buttered; pour mixture on the toast, then sprinkle over the grated yolks. Garnish with bacon, cut in ribbons, and crisp in hot pan.

Calf's Head Terrapin.

One pint of cold calf's head, cut in small pieces, one cup of the water in which the head was cooked, one-half a teacupful of cream, one-half teaspoonful salt, a little cayenne, two tablespoonfuls of sherry, the yolks of two eggs, one tablespoonful of butter and one tablespoonful of flour. Put the stock into the stewpan or chafing dish; cream the flour and butter well together and stir into the boiling stock, stir constantly until thick and smooth; add the meat, salt and pepper and cook for five minutes, then remove from the fire or put out the lamp of the chafing dish and add the sherry. Cold Chicken, Turkey, Game and Veal can be treated in this manner.

Cold Roast Beef.

Six slices of rare roast beef, six tablespoonfuls of tomatoes, one-half teacup of gravy, one onion chopped fine, one tablespoonful of butter, one teaspoonful of Worcestershire sauce, one teaspoonful mustard, salt and a little cayenne. Put the butter into the blazer with the onion, stew for about five minutes, then add the tomatoes and the gravy, sauce, mustard, salt and pepper; when the mixture is smooth, add the beef. As soon as the beef is hot it is ready to serve. Any rare cooked meat can be treated in the same way.

Liver.

Slice calf's liver one-fourth of an inch in thickness, dip each slice in flour, in which mix some salt and pepper and a little cayenne. Put in the chafing dish two tablespoonfuls of butter, when hot, put in the slices of liver, cook these for five minutes, then turn and cook three minutes longer, then add one wine glass of sherry or port wine; let all boil once, then serve.

Lobster Creamed.

Have the meat of the lobster cut into small pieces. Put into the chafing dish one cup of cream; rub together one teaspoonful of flour and two tablespoonfuls of butter, stir into the hot cream and boil for five minutes, then add the lobster and one saltspoonful of salt, a little cayenne, and the yolks of two eggs well beaten; just before serving, add one glass of sherry.

Macaroni.

One-half package of macaroni or spaghetti, one-half cup of Parmesan cheese, grated fine, one-half cup of melted butter. Cook the macaroni for ninety minutes. Put it into a very hot dish (silver if possible), after it has been cooked, adding salt and red pepper, spread it over the cheese on the bottom of dish, pour on the butter, mixing it well, then cover for five minutes and eat at once; it should be quite stringy.

Creamed Ham.

Cook one cup of finely chopped boiled ham and one pint of cream together; when hot, stir in quickly two well-beaten eggs, a little pepper; stir constantly.

Creamed Oysters.

One pint of oysters; drain them. Put into the blazer one tablespoonful of flour, one tablespoonful of butter; stir these until they bubble, then add one cup of cream or milk; keep stirring until you have a thick, smooth sauce; add one pint of solid oysters, season with salt, pepper and a little grated nutmeg. *Clams* can be cooked in the same way.

Oysters with Celery.

One quart of oysters; drain them from the liquor; have the chafing dish hot, put in one tablespoonful of butter; when hot, add one-half tablespoonful of flour, one-half teaspoonful of salt, one-fourth teaspoonful of pepper, one-fourth saltspoonful of cayenne. Stir together until smooth, then add one tablespoonful of celery chopped very fine and one tablespoonful of finely chopped parsley; then the oysters; stir well, and cook until the edges of the oysters curl.

Oysters with Sherry.

Put one quart of oysters into the chafing dish with a little of their liquor, one tablespoonful of butter, three stalks of celery cut fine, a little salt and pepper; when the oysters begin to curl, add one tablespoonful of sherry for each portion, and one extra spoonful for the dish.

Panned Oysters.

Put one tablespoonful of butter into the chafing dish; when melted, pour in one pint of oysters from which all the liquor has been drained; cook them until the edges "ruffle," then add two tablespoonfuls of sherry, a little cayenne and one saltspoonful of salt. Serve on hot buttered toast. The sherry may be omitted if desired and cream substituted.

Creamed Sweetbreads.

Two pounds of sweetbreads, parboil the sweetbreads in a little water, put them after this into cold water for a few minutes, then remove the skin and any hard parts. Put in the chafing dish one tablespoonful of butter and one tablespoonful of flour; when smooth put in two tablespoonfuls of cream, a little salt, pepper and a very little nutmeg; stir until a perfectly smooth paste; add a little cream mixed with the yolks of two hard boiled eggs; add the sweetbreads cut into small pieces; let the mixture boil once, serve from the dish.

Squabs Stewed.

Prepare two squabs as for broiling; melt two tablespoonfuls of butter in the chafing dish; when hot put in the squabs, cook for ten minutes, then turn and cook for five mintues, add one teaspoonful of salt, a little pepper and cayenne. Serve on hot toast.

Salmi of Tongue.

Put into the chafing dish two tablespoonfuls of butter; when brown add two tablespoonfuls of flour, then add one pint of stock or water, one pint of cold tongue cut in small pieces (either salt or smoked tongue), one dozen olives stoned and cut in pieces, pepper, salt, one teaspoonful of Worcestershire sauce. Let all boil up, then put out flame and add two tablespoonfuls of sherry or Madeira.

Stewed Tomatoes with Eggs.

One pint of tomatoes, as soon as the tomatoes commence to boil, add one tablespoonful of butter, some salt and pepper, then add three well beaten eggs, one small pinch of soda; as soon as the mixture has thickened pour out and serve on thin slices of toast.

Breakfast.

Breakfast—It is frequently said by foreigners that "Americans eat such hearty breakfasts." I do not think this is quite true when our breakfasts are compared to the breakfasts in other countries. We have more hot dishes, but they are not, necessarily, more hearty than cold ones. The usual breakfast—I mean the meal for all the family—consists of fruit in season, one of the cereals, a beefsteak, or lamb chops or liver, or hash, eggs, etc., fried or stewed potatoes, bread and butter or some hot rolls or muffins. Coffee or tea.

Is this any more hearty than the English breakfast of tea, oatmeal, cold ham, beef or mutton, eggs, toast and unlimited jam or marmalade on bread and butter?

The French breakfast consists of coffee and rolls as a general rule.

The Dutch breakfast is a settled one everywhere. Everything is cold excepting the tea or coffee. Tea is generally used for breakfast. Coffee is served with the midday meal and during the day. In Holland no fires are lighted in the kitchen before noon, only in time to cook the midday meal. Everywhere is given cold smoked beef in thin slices, a slice of pumpernickel (a sticky black bread), one slice of white bread and butter, one thick slice of cheese. The people make all of these into a sandwich. The tea is made over a spirit lamp, as everything else is cooked during the day. The preparing of the breakfast is soon accomplished, the servant or the "housewife" putting it on the table. The servant is therefore at liberty to go about the universal, everlasting cleaning. This breakfast is a saving of time, and is a hearty meal and you see it is a well balanced one. The slices of everything are generous ones. It is not a breakfast that appeals strongly to a very delicate appetite, but the Dutch are large eaters and a Dutch woman told me it made no difference to them if the meals were hot or cold, as they liked them both ways. To many, breakfast is of necessity rather a hearty meal. It is eaten early, as most Americans go to their work, no matter what work it may be in which they are engaged, early, far earlier than the people of most other nations go to work. The schools begin early, so the school children must be considered also, and their appetites tempted.

Let the breakfast, when possible, begin with fruit. Fortunately Americans are blessed with cheap and abundant fruit. This should be followed by one of the cereals, then either a small beefsteak or eggs. The "leftovers" are valuable for breakfast, as they can be quickly reheated, all the preparing of them being done the day before. Hash, well made, is always acceptable for breakfast.

The Oxford dictionary gives the word breakfast as occurring for the first time in 1463, but the meal was not a really recognized one until late in the seventeenth century.

A FEW BREAKFAST DISHES.

"A Little Breakfast Dish."

Cut two long slices of cold meat and three of bread, buttered thickly, the same size and shape; season the meat with pepper, salt and a little chopped parsley, or, if veal is used, a little chopped ham, then lay one slice of the bread between two of the meat and have the other two slices outside; fasten together with little wooden skewers. Put into a hot oven, baste with butter thoroughly, so that the bread is crisp and brown; serve hot.

Breakfast Custard.

One-half pint of sweet milk, two eggs, if large ones, if not, three eggs. Beat the eggs together until light, stir into the milk, add a little pinch of salt; butter a pint bowl, pour in the mixture, and set the bowl in a tin of hot water, place in hot oven and bake for twenty minutes. Have a hot plate, turn the custard on this, pour over it a tomato sauce, or a sauce made of mushrooms, or a cream sauce, flavored with a few drops of onion juice.

Cold Meat Balls.

Chop the meat fine, season with salt and pepper; make the meat into balls or flat cakes, fry them in a little butter or dripping. Fry some salt pork or bacon cut in thin slices and place around the balls.

Croquettes.

Stir into a cup of milk enough crustless bread to make a nice consistency (as glutinous as possible); add to this a cup of cold meat of any kind, chopped fine. Season with a little chopped onion, chopped parsley, one tablespoonful of butter, salt and pepper. A few sliced mushrooms and some chopped truffles are, of course, an addition. This should be prepared in the afternoon and allowed to remain in the ice chest until it is very cold. An hour before breakfast, remove from the ice box and form the mixture into the desired shape, dip each croquette into the beaten yolk of an egg and then in bread crumbs, and place in the frying basket and put it back on the ice and do not again remove it until the fat is at the boiling point. By plunging the partly frozen forms into the intense heat, a coating, as it were, is formed, whereby the desired moisture is obtained, as well as the possibility of maintaining the outward shapeliness.

Dried Beef with Eggs.

One-fourth pound of thinly sliced dried beef—shred it and let it lie in cold water for about fifteen minutes, then drain and cover the beef with milk, about one pint; put on the stove and when it begins to simmer, add one teaspoonful of flour, dissolved in one tablespoonful of cold milk; one

tablespoonful of butter, a little salt and pepper. As soon as the flour has cooked, break into the saucepan three eggs without beating, stir all rapidly until the eggs are cooked. Have several slices of hot toast ready, well buttered, and serve the beef, etc., on the toast—this will be enough for five half slices of toast.

Egg Toast.

Six slices of bread, one egg, one cup of milk, one saltspoonful of salt. Beat the egg until light, add to the milk and then add the salt. Dip the slices of bread into the mixture, have the griddle hot, grease it with a little butter and fry the toast on both sides. Serve hot.

Frizzled Beef.

Shred the dried beef into little pieces, carefully remove all fat, strings and sinews; if the beef is very salt, freshen it by standing it in cold water for fifteen minutes, draining after. Put one tablespoonful of butter in the saucepan; when hot, put in the beef and fry it for five minutes, then add one tablespoonful of flour dissolved in one cup of cream or milk; as soon as the flour is cooked, serve.

Stewed Kidney.

Cut the kidney into small pieces about the size of a cherry, put into a colander and let cold water run over it while in the colander, then drain; put a piece of butter the size of a walnut in a stewpan, and sprinkle flour on the bottom of the pan, and stir the flour and butter together until brown, then sprinkle flour on the kidney in the colander, stirring them together well, then put the kidney into the hot pan on the stove, stirring it until it is well mixed, then pour hot water on it two inches deep; it must boil three hours to make it tender. Then take another piece of butter the same size, mix one tablespoonful of flour, pepper and salt with it to a paste, and stir it into the kidney, a little at a time and let it boil fifteen minutes; while cooking it requires watching or it will burn. The kidney can be cooked the day before and simply rewarmed.

Savory Molds.

Mince half a pound of underdone beef or mutton as finely as possible and put into a basin with half its weight of bread crumbs, one ounce of butter broken into small pieces, a tablespoonful of finely minced onion, a teaspoonful of mixed powdered herbs and a good seasoning of salt and pepper. Mix these ingredients thoroughly, moisten with one beaten egg and fill some small, well-buttered molds; bake in a moderate oven for half an hour, and turn out carefully; insert a small sprig of parsley in the top of each, and pour a little brown gravy around the meat.

"My Devil"—Canadian.

One tablespoonful of Worcestershire sauce, three mustardspoonfuls of mustard, one saltspoonful of salt, one-half saltspoonful of black pepper,

one-fourth saltspoonful of cayenne pepper, one teaspoonful of vinegar, a few drops of "Soy," one small teaspoonful of brown sugar, a squeeze of lemon, one glass of port wine. Mix all well together—fry the meat (turkey legs generally), in a frying pan with a little butter; when almost ready, pour sauce over; boil up and serve.

Pork Tenderloins.

Broil the tenderloins and serve with melted butter poured over them, a little salt and pepper; serve very hot.

Ham on Toast.

Chop any cold ham you may have and when fine, add a little cream, making the ham quite moist; put into the stewpan, add two well beaten eggs, stir together until the eggs are cooked, add a little pepper and remove from fire and serve on hot, buttered toast.

Calcutta Toast.

Put one tablespoonful of butter into the saucepan over boiling water; as it melts, stir in two eggs, a little cayenne, one-half teaspoonful of essence of anchovy and a few chopped capers; stir until the eggs are cooked; then spread the mixture on hot buttered toast. Serve hot.

Tomato Pilau.

Cut three slices of salt pork, fry them until brown in the frying pan, then add one finely chopped onion. Cook it with the pork for five minutes, then pour in one quart of stewed tomatoes and one teaspoonful of salt. When the tomatoes are hot, add one pint of cooked rice and a very little cayenne. When hot, serve.

Tomato Toast.

Tomato toast is a simple little breakfast dish and uses up any stewed tomatoes left over. Stew it again, adding one teaspoonful of flour with one-half tablespoonful of butter rolled together. As soon as the mixture is hot and smooth pour it on slices of hot buttered toast, and if rather more of a dish is desired, place some poached eggs on top.

There are many other little dishes that can be served for breakfast. Eggs in so many ways. All the "left-overs" of meat, bacon, chops, fish, fresh and salt, fried tomatoes, potatoes and other cooked vegetables. Cereals are always with us and fruits, fresh and stewed; melons, baked apples, etc.

Virginia White Puddings.

One pint of fresh beef suet chopped fine and free from strings or skin, one pint of flour, one teacup of cornmeal, one teaspoonful of salt, one teaspoonful of pepper. Mix all well together, fill small cotton bags with this mixture, allowing a little space for the puddings to swell. Tie very tightly and boil for six hours, keeping the puddings well covered with water. When

cold, hang in a cool, dry place. When required for use, remove the bag and slice the pudding in thin slices and fry in a little butter. Serve very hot.

Tomato Custard.

Strain one pint of cooked tomato through a fine sieve, then add one teaspoonful of salt, one-half teaspoonful of pepper, one tablespoonful of onion juice; place in either the chafing dish, or pan one tablespoonful of butter, when hot add the tomato mixture and four well-beaten eggs, beaten together. Stir all until the mixture is like a thick custard, then pour it over slices of hot buttered toast and serve at once. Slices of broiled bacon can be placed around or over the custard if desired.

Food for Invalids.

To provide a sick person with nutritious food, of the proper quantity and quality, is one of the most important requirements of good nursing. It is well known that drugs alone cannot cure the patient. In the often long convalescent stage of illness resources are taxed to the utmost to prepare the proper food which shall be at the same time nourishing and tempting.

The tray becomes a source of weariness and the question: "What shall I give the invalid?" a constantly recurring one. Milk is now given so generally that it is absolutely necessary to be able to prepare it in many different ways, for of no food will a patient weary sooner. Let the tray always present an inviting appearance, every napkin and dish perfectly clean, the food arranged in an inviting manner. Special care should be given that any diet ordered to be served hot is really hot, and any diet to be served cold is cold. Do not give fried foods to an invalid.

The food should never wait in the sick room before being served, and the tray and contents be at once removed after the patient is fed. Attention to little details, trivial perhaps in themselves, when one is well, but of great consequence to an invalid, will aid greatly to the comfort and recovery of the patient.

Beef Broth—1.

A good beef broth is really much more nourishing than beef tea. To make the broth take a piece from the neck, chop it and the bone quite fine, have more beef than bone. Take one pound of beef and one-third of a pound of bone, put one quart of cold water over the meat and bone, cover the pan and let *simmer* for four hours; remove all fat, put with the broth two stalks of celery and a little salt; strain and serve a small cupful at a time.

Beef Broth—2.

Take one pound of the leg of beef, trim off all fat and pound the meat well, then put into the stewpan with one quart of cold water, one small carrot cut fine, one onion sliced, a little salt, one blade of mace; stir the broth until it boils, then skim carefully; place on the back of the stove and let it simmer for two hours; strain and serve. If put away to keep, be sure to remove all fat before warming it again. This should be done to all broths.

The extracts of beef are nearly always made from the least nutritious part of the fresh meat, so that there is little left in it, but the flavoring matter and the salts, these serve to give an agreeable flavor and rich color, but no solid nourishment.

Beef Essence.

This is much better for an invalid than beef tea. Take a good beefsteak from the round, about two pounds, cut it in small pieces, put into a

Mason jar and set in the oven, in a pan of hot water; as the juice runs from meat take it away at intervals and slightly salt it. One teaspoonful of this liquor is worth a pint of the ordinary beef tea.

Beef Juice.

Heat on the broiler a thick piece of steak, about one pound; when hot, squeeze out the juice, serve at once.

Raw Beef Sandwich.

Scrape the tender meat with a sharp knife, spread it on thin slices of buttered bread, season with a little salt; cut off the crusts and cut the sandwich from corner to corner, so as to make two small, three-cornered pieces.

Bread Jelly.

Toast carefully three large slices of home-made bread, then place in a saucepan with one cupful of water, simmer very slowly until the bread is all soft and the mixture looks like jelly. Then remove from fire, mash through a sieve, flavor with a very little grated nutmeg, one saltspoonful of salt, two tablespoonfuls of sugar, a little lemon juice, and a small glass of sherry. Mix together and place in small molds wet with water. Place on the ice until needed.

Clam Broth.

Take twelve clams, boil them in their own liquor for fifteen minutes, strain the liquor, add a little butter, serve very hot.

Beefsteak for an Invalid.

Take a slice of tender beefsteak about two inches thick and weighing one pound. With forceps and scissors pick out and cut away every particle of connecting tissue and tendon, leaving nothing but the muscular tissue. Have a hot clear fire, the broiler greased with a little butter, place on it the steak, hold it close to the coals for a minute, turn on other side, so as to sear the two surfaces, in this way the juices are retained, then continue to cook the steak more slowly. When done, serve on a hot plate with a seasoning of a spoonful of butter, a little salt and pepper, with a teaspoonful of lemon juice (if liked).

Veal Broth.

Two pounds of perfectly lean veal, one-fourth pound of pearl barley; cut the meat into thin, small pieces, simmer it and the barley together for three hours, then strain through a sieve and add one-half teaspoonful of salt. This broth is light and nourishing, and easy of digestion.

Hamburg Steak.

Take one-half pound of good beef; scrape all the pulp from the fiber, season it with a little salt and pepper, make into a small steak and broil over a clear fire, or cook in the skillet, which should be very hot before

the meat is put on it. Three minutes will cook the steak. Place a small piece of butter on the steak, garnish with a little bit of parsley, and serve very hot.

Milk of Eggs.

Beat the yolks of two fresh eggs with one-half tablespoonful of sugar and one teaspoonful of orange flower water. This must be taken hot, and is most soothing for a cold or cough.

Egg and Port Wine.

One fresh egg mixed with one tablespoonful of cold water, then add one wine glass of port wine, a little grated nutmeg. Put a teaspoonful of sugar into the saucepan and when hot, stir in the egg mixture and stir carefully. The mixture is then poured into a glass and served with a cracker.

Egg Lemonade.

The juice of one-half lemon, adding one tablespoonful of sugar, one cup of water, when sugar is dissolved, put all into a glass and the white of one egg beaten until light, add heaping tablespoonful of whipped cream, slightly sweetened. Serve at once or the egg and cream will separate.

Egg Junket.

Separate the whites and yolks of two eggs, beat the whites until very dry and the yolks until thick. Have one pint of milk lukewarm, add to it one tablespoonful sugar, a little vanilla extract, beat the whites and yolks together for a minute, add the milk, stir in one teaspoonful liquid rennet or one-half junket tablet, dissolved in two teaspoonfuls of cold water, put the mixture into glasses. Let all stand until cold, then add a little whipped cream, slightly sweetened. Cocoa, chocolate, caramel, lemon or orange flavorings can all be used.

Egg Water.

The white of one egg beaten until light and added to one tumbler of water, a little fruit juice can be added, or vanilla or lemon.

Egg-Nog—1.

Beat until light one egg, add one tablespoonful sugar, a little salt, a little grated nutmeg, then add one scant cup of milk and strain into a tumbler.

Egg-Nog—2.

Prepare like the above only beat the yolk and white separately, adding the beaten white last, stirring all together.

Poached Eggs.

Have the water in the saucepan boiling, add a little salt and one tablespoonful of vinegar. Break the eggs separately into a saucer, slip them into the water carefully, and not let the water boil again. Pour some of the hot water over each egg with a spoon, so as to make a thin white film over them when cooked, take carefully from the fire; place each egg on a piece of hot toast. Serve hot.

Eggs Poached in Broth.

Have the broth hot in the saucepan, break very gently the eggs into it, cook three minutes, remove and put each egg on a slice of hot toast; if the gravy is desired, thicken it with a little flour, add one teaspoonful of butter, strain around the egg.

Eggs Poached in Milk.

Have the milk boiling hot, add a little salt, drop in the eggs carefully, one by one; remove as soon as they are set; place on hot toast, and serve at once.

Egg-Nog.

One egg beaten very light, one tablespoonful of sugar beaten into the egg, then add slowly one tablespoonful of brandy and one-half a cup of milk—cream may be substituted for the milk.

For other egg recipes, see "Chapter on Eggs."

Bread Jelly.

Remove the crust from the roll, slice the crumb and toast it; put the slices in one quart of water, and set it over the fire to simmer until it jellies; then strain it through a cloth, sweeten it, and flavor it with lemon juice; put it into a mold and cool upon the ice before using.

Currant Jelly-Water.

Dissolve one teaspoonful of currant jelly in a glass of cold water.

Chicken Jelly.

See chapter on Chicken.

Lemon Jelly.

Three lemons—juice only, pound of white sugar, three pints of boiling water, one ounce of gelatine dissolved in the boiling water, then add the juice and sugar and strain into small molds.

Chicken Broth.

Take an old chicken, cut it in pieces and put in the saucepan with three pints of cold water, and one tablespoonful of rice; let the soup simmer slowly; when the chicken is thoroughly cooked, take from the fire, skim every bit of fat from the soup before serving; season with salt and pepper. The chicken meat can be used in chicken hash.

Egg Broth.

Beat an egg until it is frothy, stir into it a pint of boiling hot meat broth, free from fat, season it with a saltspoonful of salt, and drink it hot, with thin slices of dry toast; it may be given to assist the patient in gaining strength.

Extract of Meat.

The various extracts of meats sold prepared are nearly always made from the least nutritious parts of fresh meats. There is little nourishment in them. They have a rich color, and some have an agreeable flavor, but for

the sick they have little value. Their use is to help out for gravies, soups, etc., by their color and flavor.

Mutton Broth.

The most valuable broth I know of—and one which has been of the greatest possible help to many very ill persons—is one of mutton, made as follows:

Have eight of the sheep feet cut off with a little of the lower part of each leg left on them. After they are carefully washed, put into the soup kettle with four quarts of cold water and one cupful of well-washed rice. Simmer for eight hours, if possible; six will answer if impossible to allow the other two hours. Remove during the cooking any scum which rises; strain the feet. There should be only the hard portion of the bones left. Let the broth cool in a china basin placed on ice until the next day, or placed in some cool place. When needed, take off every bit of fat from the portion to be heated. It is the fat which has "that taste of the wool" which is often objected to, so great care must be taken that none of it is reheated with the broth. Try giving only a tablespoonful at a time to a very sick person. Have it hot and salted with discretion. It can be retained on the stomach when *all* other food has been rejected, as it has healing as well as nourishing properties; but the long, long simmering is absolutely necessary to its success.

Quick Mutton Broth.

One and one-half pounds of mutton, free from gristle, one quart of cold water, two tablespoonfuls of rice, one-half teaspoonful of salt; simmer for four hours, strain and serve a small quantity at a time to the patient; serve very hot.

Restorative Jelly.

One-half box of gelatine, one tablespoonful of granulated gum-arabic, three tablespoonfuls of sugar, two tablespoonfuls of lemon juice, two cloves, one-half pint of port—soak all these together for two hours; keep the basin covered; then put into a saucepan and cook, stirring constantly until everything is dissolved, then strain and place on the ice. This jelly is excellent where the patient is unable to swallow solid food or even liquid, for this melts slowly in the mouth. A tablespoonful of beef juice can be added when the jelly is taken from the fire, if a stimulant is desired.

Strengthening Jelly.

One pint of port wine, one package of gelatine, three-fourths of an ounce of gum arabic, one-fourth pound of rock candy. Place all in a basin and let the mixture stand all night; the next morning put the basin in one of boiling water, stir constantly until the ingredients are dissolved, then strain through a jelly bag into a mold.

Sago Jelly.

One cupful of sago soaked over night in cold water. Next day boil it in a double boiler for one hour, then uncover and let the water boil away; add two cupfuls of sugar and the juice of one lemon; pour into the dish in which it is to be served, to cool. Serve rich cream with jelly.

Tapioca Jelly.

Wash one ounce of tapioca, soak it over night in cold water, and then simmer all with a bit of lemon peel until the tapioca is thoroughly dissolved. Sweeten it to taste, and let it cool before using.

Egg Pudding.

One egg beaten until light, and one teaspoonful of flour which has been mixed smoothly into one tablespoonful of milk, add a saltspoonful of salt (be careful with the salt as many invalids dislike salt), strain into a buttered cup, and set into boiling water to simmer for twenty minutes.

Egg Tea—1.

Beat the yolk of an egg in a cup of hot tea, and let the sick person drink it warm; the yolk is more readily digested than the white, and has a better flavor; and the tea is a powerful respiratory excitant, while it promotes perspiration, and aids the assimilation of more nourishing foods.

Egg Tea—2.

The white of one egg beaten into a stiff froth; the yolk beaten light with one teaspoonful of sugar. Mix together and pour into a half cupful of hot milk, stir all the time; add a little grated nutmeg and a wee pinch of salt.

Barley Gruel.

Three tablespoonfuls of pearl barley, wash it in several waters, then drop it into one pint of boiling water for five minutes. Pour off this water and add one quart of fresh boiling water; put on back of stove and let it simmer for three hours, then strain and season with a little salt or sugar. Equal quantities of barley gruel and milk make a nourishing drink.

Egg Gruel—1.

Beat well one egg, add a very little salt, one sprig of parsley; stir this into one cup of boiling water, strain over small slices of hot toast.

Egg Gruel—2.

Boil two eggs until perfectly hard, when cold mash the yolks smooth and stir gradually into the yolks one cup of hot milk, and a little salt, serve in bowl.

Farina Gruel.

Stir two tablespoonfuls of farina into three tablespoonfuls of milk; pour this into one pint of boiling water, boil it until thoroughly cooked, stir frequently. Take from the fire, add one saltspoonful of salt and two tablespoonfuls of cream.

Flour Gruel.

Put into a strong cotton cloth, one pint of flour, tie it up into a ball, boil for four hours, keep it well covered with water, then hang it up to dry. When needed to use, have one pint of milk boiling in the double boiler, stir into it one tablespoonful of the flour-ball (you scrape the ball and mix a little water with the flour), add one saltspoonful of salt and a little sugar if liked. This is an excellent remedy in cases of diarrhœa. The ball will keep for months, if kept dry and cool.

Graham Gruel.

One tablespoonful of graham flour mixed with four tablespoonfuls of water, stir this into one pint of boiling water, cook for thirty minutes, add one saltspoonful of salt, and strain, add one cup of hot cream. Serve hot.

Cornmeal Gruel.

One quart of boiling water. Mix two tablespoonfuls of cornmeal with two tablespoonfuls of cold water, stir this into the boiling water, when it boils, put it on back of stove and simmer for two hours, then add one-half teaspoonful of salt, simmer for one-half hour, then put some of the gruel into a cup and add one tablespoonful of cream and serve hot.

Oatmeal Gruel—1.

Mix two tablespoonfuls of oatmeal with three tablespoonfuls of cold water; put this into one pint of boiling water, pour in gradually and boil fifteen minutes, stirring constantly; add one teaspoonful salt, skim and strain through a hair sieve. One tablespoonful of cream will improve the gruel, if it is permitted by the physician.

Oatmeal Gruel—2.

One teacupful of oatmeal, add two quarts of cold water. Stir well and place on stove in double boiler, cook slowly, three or more hours, stir occasionally while cooking, add one teaspoonful of salt, afterwards remove from fire, strain through cheesecloth. There should be about one quart or a little more of the gruel. While still hot add one teacupful of whipped cream, then beat all well together, serve either hot or cold. This gruel is both nourishing and delicious.

Sago Gruel.

Soak one ounce of sago in a pint of tepid water for two hours; then simmer it in the same water for fifteen minutes, stirring it occasionally; then sweeten and flavor it to taste, and use at once.

Oats and Cream Gruel.

Take one tablespoonful of rolled oats and cook them in one pint of water; when soft, strain through a sieve; add to this one cup of cream, one saltspoonful of salt; let this mixture come to the boiling point, then remove

from the fire and add the whites of two eggs, beaten stiffly. Add a little sugar and a little grated nutmeg.

Pea Soup.

One pint of fresh, green peas; boil until tender, then drain and mash them through a sieve, return to the stewpan and add one pint of thin cream, one teaspoonful of sugar, one saltspoonful of salt, a little pepper, one-half tablespoonful of butter; let the soup become hot, and serve with crackers. This is a nutritious soup for an invalid.

Tapioca Soup with Cream.

Boil with one pint of white stock, one tablespoonful of prepared tapioca; let it simmer until the tapioca is clear. Mix the yolks of two eggs with two tablespoonfuls of cream, a little salt and pepper. Let the soup cool; when cool, stir in the egg and cream mixture, after which beat together, reheat, but do not boil or the eggs will curdle.

Tapioca Cream.

One cupful of tapioca; soak this over night in one cupful of milk, the next morning cook the tapioca and milk until soft, then add the yolks of three eggs and one cupful of sugar. Take one quart of milk; when boiling, stir in the tapioca mixture and cook until it thickens, then take from the fire and stir in the whites of the eggs, beaten very stiff, and any flavoring that is liked; pour into a mold and let it cool, or it can be served hot.

Tapioca Porridge.

One teacupful of tapioca soaked in two teacupfuls of cold water for several hours, then add one and one-half pints of milk and cook for several hours in the double boiler; add a pinch of salt and one glass of wine. One-half cup of sugar if desired sweet. The wine may be omitted.

Panada—1.

Steep one cupful of bread crumbs in hot water until they have absorbed all the water, then add a little more water and mash through a sieve. Make a custard with one cup of milk and one egg; when thick, add it to the panada, add a little salt. Serve either hot or cold.

Panada—2.

One ounce of grated bread or crackers, add one-half a pint of boiling water, boil for five minutes, then add one tablespoonful of grated nutmeg.

Eggs and Orange Juice.

A palatable, nourishing drink for a person with weak digestion is made with the whites of two eggs beaten but not frothed, and the juice of one orange; place on the ice until very cold. The white of an egg, beaten, slightly sweetened and flavored with orange juice or a little vanilla, is also a good drink for an invalid; it should be served very cold.

Wine Whey.

Take one cup of new milk and boil, adding a cup of sherry. Then strain through a cheesecloth.

Milk Preparations.

Milk is of special value as a food for invalids; it is easily taken, easily digested, and the diet is more under the control of the physician than other foods. Life can be supported for a long time on milk alone.

"Milk contains all of the ingredients needed for nourishment; it furnishes the materials needed which build up the body and keep it in repair, and also those which supply it with fuel to keep it warm and to furnish the animal machine with the necessary power to do its work. Skim milk has great value as a food when used in cooking or when taken with bread. Milk comes nearest to being a perfect food."

Clabbered Milk.

Fill a glass dish with milk, cover and let it stand until it is smooth and jelly like—in winter this may take three or four days, in summer two, generally. When the milk is clabbered, put the dish on the ice for an hour to chill it, do not disturb it. Serve with sweet cream and a little grated nutmeg.

Milk with Chocolate.

Grate one ounce of chocolate; mix it into a paste with a little cold milk, then stir it into one pint of boiling milk, add a little salt, one teaspoonful of sugar, and the well-beaten yolks of two eggs. Serve hot.

Chicken Milk.

Cut a chicken into small pieces, see that it is well cleaned in a careful manner, take off the skin, put the chicken into a saucepan which is either graniteware or China-lined, add a tablespoonful of celery cut fine, a little sprig of parsley, four peppercorns, one-half saltspoonful of salt, cover the meat with cold water and let it simmer until the meat is all in rags, then strain into a bowl; when cold, it should be a firm jelly. When needed, carefully wipe off every bit of fat from the top of the jelly. Take equal quantities of jelly and fresh milk, boil them together, strain into a cup—one teacupful is sufficient at a time. It can be used hot or allowed to again become cold and formed into jelly. A small strip of toast can be served with it if desired.

Citronized Milk Jelly.

One quart of milk, three-fourths of a pound of powdered sugar, four lemons, one ounce of gelatine. Boil the milk, sugar and gelatine together with some of the lemon rind cut very thin, then put the mixture into a basin to cool, strain, add the juice of the lemon and stir until the milk is curdled, then pour into a mold and let the jelly set. The casein rises to the top; when the jelly is turned out it occupies the base and the jelly the top.

Digested Milk.

One pint of milk added while boiling hot to one pint of cold milk, then add thirty grains of carbonate of soda, then one and one-half teaspoonfuls of Liquid Pancreaticus; mix and let stand for three hours in an even temperature. This preparation can be used when Koumiss is not obtainable. Take a large wine glassful at a time.

It is necessary sometimes that a child should take during the day a certain amount of milk—and yet the child rebels against it; it is well to vary the manner of giving it. Once, simply plain in the usual cup, another time with junket, using a portion to make the junket and the balance poured over it. The least little chocolate dissolved and added to a portion of milk will be a change. An egg poached in milk will dispose of quite a little of the milk, especially if the milk is mixed afterward with the cooked egg. An egg beaten separately and afterward mixed with the glassful of milk can be given.

Hot Milk.

Hot milk is one of the most nourishing things that can be given to a weak or exhausted patient, or to any one suffering from a severe chill. If it is absolutely necessary to add any other stimulant, add it after the milk is taken from the fire. The milk should never boil for hot milk.

Junket.

One pint of fresh milk, warm the milk slightly, then stir into it one teaspoonful of rennet liquor, or one teaspoonful of Prepared Pepsin—use only the best for preparing Junket. Stir the rennet liquor or the pepsin only enough to mingle it with the milk, the milk will thicken in a few minutes; place on the ice or in a cold place. Serve with sweet cream and sugar or with cream and a little nutmeg.

Laban.

One quart of new milk, one tablespoonful of yeast, stir the yeast into the milk and let it stand for twenty-four hours—it will then be hard. Take a tablespoonful of this and stir into a quart of new milk and put it away to harden—this is Laban. To keep a supply, if needed, reserve a tablespoonful each day for the next preparation. Eat with sugar and cream.

Milk Soup.

One quart of milk, one egg, one-half tablespoonful of flour, a little salt, one-half teaspoonful of sugar, a little lemon peel or a bit of cinnamon stick. Boil these together; as soon as the mixture boils, remove from the fire and stir in the white of egg beaten very stiff.

Thick Milk.

Put into the stewpan one tablespoonful of flour, one tablespoonful of sugar, a saltspoonful of salt. Mix together until a smooth paste with one

pint of milk; stir with a wooden spoon; if too thick add more milk. Boil for fifteen minutes. The soup should be thick enough to coat the spoon. Add a little nutmeg if liked and serve. It is a digestible soup for young children.

Milk with White of Egg.

One cup of milk; beat well with the milk the white of an egg; put into a glass and serve; add the milk slowly to the egg. The addition of a tablespoonful of clear coffee is sometimes relished by the patient—or the milk slightly salted.

Milk Shake.

Fill a large glass two-thirds full of sweet milk, sweeten with a syrup, or with the strained juice from any rich preserve, a few drops of vanilla can be added or a teaspoonful of orange juice. Fill up the glass with pounded ice, place the mixture in the shaker and shake well, or pour from one glass to another until well mixed.

Barley Water.

Wash two ounces of pearl barley in cold water until it does not cloud the water; boil it for five minutes in half a pint of water; drain that off, put the barley into two quarts of clean water and boil it down to one quart. Cool, strain, and use. Pearl barley contains starch and mucilage, and makes an excellent soothing and refreshing draught in fevers and gastric inflammations.

Crust Coffee.

Toast two slices of bread until very brown, break into small pieces, put one-half pint of the pieces into a pitcher and pour over them one and one-half pints of boiling water; cover the pitcher, let it stand for ten minutes, then strain. Serve either hot or cold—a little milk can be added if liked, or the coffee can be made with boiling hot milk instead of water.

Flaxseed Lemonade.

Pour one quart of boiling water over four tablespoonfuls of whole flaxseed, and steep three hours, covered. Then sweeten to taste, and add the juice of two lemons, using a little more water if the liquid seems too thick to be palatable. This beverage is very soothing to the irritated membranes in cases of severe cold.

Albumenized Milk.

One white of an egg, place in a tumbler, add one-half cup of milk and cover, shake together until well mixed, or the two can be beaten in a small bowl and poured after, into the tumbler. This is not really very palatable, but it is easily taken and serves a very good turn when much liquid nourishment is needed, do not add any flavoring.

Lime Water.

To make lime water, frequently needed for an invalid or a child's use, put one pound of unslacked lime into a large bowl; pour over this three

quarts of boiling water; let it stand for fifteen minutes, then stir it well with a stick. Place the bowl in a cool place for several hours, at the end of the time pour off the clear water and bottle it. A teaspoonful may be added to a glass of milk in case of an acid stomach, or to render the milk more easy of digestion.

Koumiss.

Two quarts of milk slightly warmed, add two tablespoonfuls of sugar and one-half of a two-cent cake of compressed yeast. Blend ingredients thoroughly, bottle and cork and tie corks down; put in warm place for six hours and then in ice box for two days before using.

Iceland Moss Chocolate.

Dissolve one ounce of Iceland moss in one pint of boiling milk; boil one ounce of chocolate for five minutes in one pint of boiling water; thoroughly mix the two, and give it to the invalid night and morning. This is a nutritive drink for convalescents.

Dry Toast.

In making toast the bread is sometimes cut too thick and the slices are unevenly colored. Cut the slices thin and even; it is a good plan to dry the slices before toasting, then place them on the toaster over a clear fire, and turn constantly so that the slices are well browned; always serve toast hot.

Cream Toast—1.

Toast a slice of bread evenly and quickly; dip it into boiling water, then sprinkle a little salt on it, and cover with rich hot cream.

Cream Toast—2.

Prepare as for dry toast; pour over a little hot water, which must be drained off in a few minutes; then spread some butter and a little salt on the slices, and pour over some good rich cream; place in a hot oven for a few minutes and serve at once.

Marrow-Bone Toast.

Take two beef marrow-bones, cover each end with dough made with flour and water mixed together; tie them in a cloth, boil the bones for an hour, then remove the dough, take out the marrow, spread on hot toast and season with salt and cayenne, and serve hot.

Oyster Toast.

Chop very fine fifteen good oysters, add a little salt and pepper and a little nutmeg, beat two eggs with one tablespoonful of cream, heat and stir in the oysters, simmer together for five minutes, then pour the mixture over slices of hot, buttered toast.

Water Toast.

When the toast is ready, place on hot plate, pour over a little boiling water, spread a little butter evenly on top and a little fine salt, cover tightly for a few minutes to soak up the water, and serve immediately.

Oatmeal Wafers.

Sift the oatmeal several times that it may be very fine; take one quart of flour, mix it into a dough with cold water, add a little salt, work the dough until smooth, then roll it out very thin; cut into squares or bake in one large sheet in a very cool oven.

Chicken Cream.

Pound the breast of a cooked chicken to a smooth paste in the mortar; add some of the broth, one saltspoonful of salt and a little pepper; keep on the ice; when required to use, heat a portion over hot water and add two tablespoonfuls of cream.

Caudle.

Put one-half a wine glass of wine into any plain gruel, flour or cracker; stir it in while the gruel is hot, but not on the fire.

Crackers and Marmalade.

Toast three soda crackers, dip them for one minute in boiling water, spread them with a little sweet butter, and put between them layers of orange marmalade, or any other preserve or jelly; put plenty upon the top cracker and set them in the oven for two or three minutes before serving. This makes a delicate and inviting lunch for convalescents.

Custard Savory.

Mix the yolks of two eggs and the whites of one in a gill of white stock, put into a small jam pot, tie a piece of buttered paper over it and boil for one-fourth hour in a bain-marie. Serve either hot or cold with buttered toast.

Custard for an Invalid.

Three tablespoonfuls of milk, one egg beaten into the milk and one dessertspoonful of flour, which has been warmed and dried; when the ingredients are thoroughly blended, strain into a buttered cup, place the cup in a pan containing hot water, cover the top of the cup with a wet cloth. Bake slowly for twenty minutes, then turn it on a small dish—be careful not to break the custard—put a bit of butter on top, and a little fine sugar.

Crackers and Cream.

Pour boiling water over one large cracker, sprinkle a little salt over and cover the cracker a few minutes, then pour over some cream and serve.

Soaked Crackers.

Cover a hard pilot biscuit with cold water, when the water is all absorbed, cover the biscuit again with cold water and place in the oven; when thoroughly heated, put a little salt on it and two tablespoonfuls of sweet cream.

Custard Broth.

Four fresh eggs, beat them until smooth, then pour them into three teacupfuls of broth, either of chicken, veal or beef; strain and then fill four

cups with the custard, place them in a pan of boiling water, which should come within one-half inch of the tops of the cups—the water, must not boil. Bake until the custard is firm, no longer; let the custards cool in water. They may be eaten either hot or cold.

Milk Jelly for Invalids.

One ounce or two tablespoonfuls granulated gelatine, dissolved in one cup of boiling water. Add two cupfuls sugar, two cupfuls milk, three eggs well beaten, three lemons, rind and juice. Mix, strain and turn into mold and put on the ice.

Port Wine Jelly.

A valuable wine jelly is made with one pint of port, three-fourths of a package of gelatine, three-fourths of an ounce of gum arabic and one-fourth of a pound of rock candy. Put all these into a basin and let stand over night; the next day place the basin in a pan of boiling water, stir constantly until the ingredients are dissolved, then strain through a jelly bag into a mold.

Gum Arabic Drink.

In cases of severe sickness when thirst becomes troublesome, the following will be found of use: To one teaspoonful of powdered gum arabic add two teaspoonfuls of pure glycerine; beat together thoroughly, then add a glassful of cold water with a little lemon juice to flavor.

A small sip of the liquid will quench the thirst at once; it can be taken as freely as desired, being perfectly harmless.

Souffle of Fowl for an Invalid.

Thicken a quarter of a pint of chicken stock with a large teaspoonful of cornstarch; season with salt and pepper, and add a tablespoonful of thick cream. Take about four ounces of cooked chicken, pass it through a mincing machine, and add it to the sauce; then rub the mixture through a sieve and stir in, one at a time, the yolks of two eggs and a tablespoonful of sherry, then the whites of the eggs, whisked to a stiff froth; butter a tin souffle mold, of a suitable size, or a small, round cake tin will answer the purpose; pour in the mixture and bake it in a moderately hot oven for about half an hour; serve in the mold with a doiley pinned round it.

Lamb Chops.

Cut out the hearts of lamb chops, broil, place them in the center of a little mound of mashed potatoes, or fine spinach, or boiled rice, or grits; season the meat and the vegetables well—but use no pepper—only a little fresh butter and salt.

Invalids and children are often tempted to eat by having little savory dishes prepared especially for them. A small rice pudding, or tapioca, or plain cornstarch served with some fruit syrup; stewed prunes with a little

whipped cream. Something unexpected often appeals to them. A ball of mashed potatoes, in the center of which is found some minced chicken seasoned with cream, or the shell of a baked potato filled with minced fish or chicken.

Milk.

All foods are of value, but the one which seems to stand out as the great food is milk.

It is a complete food. In it are comprised all the necessary food constituents for the heat, the growth and strength. For the very young there is nothing that can be properly substituted for it.

First, there is the fat which is contained in milk; second, the sugar called lactose or sugar of milk. This can be separated from the milk, and as a white powder, will keep indefinitely, but if left in the milk it becomes an acid, lactic acid. If you find that the milk delivered by the milkman at your door becomes sour quickly, you at once know that there has been some carelessness in handling the milk or in the milking, and you should notify the person who sold it to you.

The third constituent in milk is the cheesy matter or curd. Milk should really be the only food of infants. It cannot always be given just as it comes from the cow, so the preparations called "modified milk" or "humanized milk" are made and have become a most important industry, as well as a great boon to mothers. These preparations of milk have made long journeys possible for young children as the food supply for them used to be almost an insurmountable obstacle to overcome. In large cities the mortality among young children in the past had been terrible and the efforts of charitably disposed people and institutions in regulating the sale of milk, has resulted in largely decreasing the death rate. The poor especially have been the sufferers from impure milk. Certain cities now have established depots for the sale of pure milk to all who can pay for it and for dispensing it free to those who cannot pay. Also some cities allow no one to sell milk who cannot show a certificate as to the cleanliness of his farm and cows and purity of the milk sold.

Milk must be kept in a perfectly clean can or jug and kept by itself in the refrigerator, or where no other food is kept.

Sterlized milk is no longer specially recommended. Very young children do not always like it. Best of all is clear, pure milk for them. The adulteration of milk is unfortunately very common. The most ordinary method is with the addition of water. The child fed on this does not thrive, although apparently it is having its full complement of milk. Then another is the removal of the cream, selling the skimmed milk as pure, fresh milk.

Salted Nuts and Candy.

Salted Almonds—1.

Blanch one pound of freshly shelled Jordan almonds by pouring boiling water over them. When they have stood covered for five minutes rub off the skins of the nuts, one by one, with the finger and thumb.

This process of removing the skin of the almond, called blanching, is easily accomplished if the water is actually boiling, not merely warm, when it is poured over them. For this purpose the nuts should be placed in a tin pan and left a moment on the stove after the boiling water is poured over them. They should all be covered in order that the skins shall be "started," so they will rub off easily with the finger and thumb.

Dry the blanched nuts on coarse towels, so as to absorb any moisture about them, and measure them by the pint. Allow two tablespoonfuls of the best olive oil or the same amount of melted butter to each pint. Toss the nuts, a pint at a time, until they are evenly or thoroughly coated with the oil, or melted butter, if you prefer it. Let the nuts stand closely covered in the warming closet under the oven, or in some warm place for about an hour, until they have partly absorbed the oil about them. Dredge two tablespoonfuls of salt over them, and stir in order to distribute the salt evenly. Spread the almonds on tin biscuit-pans, or better still, on sheets of tin that fit the oven, and let them bake in the oven bottom until they are slightly colored or begin to be crisp. If the oven is hot, it will not take over ten or twelve minutes. It must not be too hot or they will burn.

Salted almonds are served at dinner, with the cheese and crackers, or at afternoon teas, and on cakes over icing. You can prepare peanuts and pine nuts in the same manner.

Salted Hickory Nuts.

Proceed as for salted almonds—without blanching them.

Pecan Nuts.

Proceed as for salted almonds—without blanching them.

Caramel.

One and one-half pounds of brown sugar, one-fourth pound of butter, one-fourth pound of chocolate (Baker's), one teacupful of milk. Boil twenty minutes, stir all the time, then add one tablespoonful of vanilla. Pour on buttered plates.

Maple Fudge.

Break into bits one pound of maple sugar, put it into a pan, if to be cooked on the range, or into the blazer if on the chafing dish,—add one

cupful of either cream or rich milk, boil until a little dropped into cold water will harden, then add one cupful of hickory nuts or pecan nuts, see that no shells adhere, cut into small pieces. Stir these in lightly, take from fire and spread on a greased platter or on greased white paper, when cool cut into squares, they will break up a good deal, but are very good.

White Fudge.

Take two cupfuls of light brown sugar and one cupful of cream, boil these together either over a fire in a pan or in the blazer, boil until it hardens when a little is tried in cold water. Spread on a buttered platter a layer of nuts, cut into small pieces and over them spread the fudge quickly and let it cool, then break into pieces.

Pecan Pralines—New Orleans.

Put into saucepan three cupfuls of granulated sugar, one cupful of thin cream, two tablespoonfuls of butter, stir over the fire until the sugar mixture will form a soft ball when a little is dropped into cold water. While all this is being cooked, boil (no water), one cup of granulated sugar until it is caramel, that is until it is a dark brown syrup, pour the first mixture into this, take from the fire and beat until it is thick, then add three cupfuls of pecan meats, beat together and put in spoonfuls on buttered plates.

Frying.

In frying be sure that the pan is perfectly clean. To fry well the fat must always be very hot. To test this throw into the pan a bit of bread; if it turns a light brown at once the fat is in a proper condition.

Do not be afraid to put one or two pounds of fat into your frying pan; it can be used over and over again, provided it is strained each time.

To Clarify Dripping—When poured from the meat pan it should be put into a bowl, pour into it some boiling water and a little salt, and stir well; when it is cold remove from the bowl—the water and sediment will be at the bottom. Scrape the cake of dripping, put it into some more boiling water until it melts, then stir well and let it cool; place in a crock and it will keep for weeks in cool weather.

All the fats skimmed from boiled meats, soups, etc., should be treated in the same way and then added to the general crock.

Fat For Frying—The light colored drippings of roast meat and the fat taken off from broths or beef suet chopped fine and melted down without browning. As soon as the bottom of the stewpan can be seen through the suet is done.

Olive oil of the best quality is tasteless, and is the best of all frying media.

Frying Mixture.

A mixture of one-half lard and one-half beef suet is a good frying medium.

Beef Suet Dripping.

Prepare the dripping by putting it into a basin and pouring boiling water over it, stirring well to wash the suet from all impurities, then let it cool—all the impurities will settle with the water at the bottom of the basin; when cold, place the suet on the fire, when melted remove from fire and strain into a clean bowl. Beef dripping is preferable to other dripping for frying.

Frying once understood is an easy process to accomplish successfully, the fat must be deep and very hot, when the blue smoke rises from the fat, or when a bit of bread thrown into it browns at once, the fat is ready. The time for frying anything must be short, two or three minutes being the time needed.

A kettle that has suspended from the handle by a hook a basket which can be filled with the article to be fried and then let down into the fat, and then raised suspended by the hook, to drain—is the very best possible arrangement for frying.

Frying Batter.

Mix together in a bowl four tablespoonfuls of flour, one tablespoonful of olive oil, one saltspoonful of salt, the beaten yolks of two eggs, with just enough cold water to make all into a stiff batter (about one-half pint of water). Beat all well together, the batter should be stiff enough to drop from the mixing spoon. Put this in some cool place, when ready to use it, add the whites of two eggs well beaten. This batter can be used to cover oysters, clams; make into fritters or for fruit fritters.

To Render Lard.

Cut the fresh lard into small pieces, let it melt slowly over a moderate fire, as it melts pour it off and strain it into small clean tin buckets,—cover with oiled paper when cold.

Frying Mixture—Russian.

Two pounds of fresh beef suet, one pound of leaf lard, one quart of milk. Cut suet and lard very fine and melt together in the milk, when melted, strain, replace in kettle, add three pounds of butter, let all come to boiling point, remove from fire, place in a bowl and cover.

Left-Overs.

It is so much more difficult to cater to a small family than to a large one. With a large family there is not likely to be very much left over after any meal. But in a small family even where economy must be studied, there are unavoidably "left-overs." These left-overs can be made into appetizing dishes. "Warming over" should be always slowly done and nothing should be *reboiled,* only reheated and some butter added. This is not an extravagance, for butter because of its nutritive quantities has an important part in our diets, especially in vegetarian diets.

Left-Overs of Fish.

If any fish is left, look it over carefully. Remove any bones or bits of skin, pick into small pieces, reheat with a little milk, some butter, salt and pepper; place on toast for breakfast. Or if wished for luncheon prepare as above and fill the little fireproof china dishes, or one of the larger ones. Sprinkle a thin layer of bread crumbs on top with little pieces of butter. Bake in the oven until the crumbs are brown and serve hot. If the fish were boiled save the water. When needed, add any bones left of the fish, some hot milk, a little cream, a small saltspoonful of grated nutmeg and the left-over fish, which mince very fine and you have a good soup. In boiling fish use only enough water to cover the fish; add one onion and one bay leaf. These give a flavor to the fish and to the soup. Strain carefully.

Cold Salmon—This can be made into croquettes or a salad. It takes very little of the salmon to make several croquettes. Two tablespoonfuls finely minced with one tablespoonful of white sauce, a little salt and pepper. Cook together a minute, then place the mixture on a plate to cool. When cold make into croquettes, dip them in beaten egg and bread crumbs and fry in boiling lard.

Bits of chicken or veal or game, minced, put on slices of bread, the bread first fried in a little butter, then dipped in cream. Add to the chicken when reheating a little white sauce, if you have it, or a little stock, or cream, salt and pepper, place on the toast, sprinkle with minced parsley, or some minced olives, or a fried egg. To the veal add a little white sauce with a very little grated nutmeg. To game, some jelly sauce and finish as above.

Potted Meats.

These are very valuable for they not only use up "left-overs" of ham, meat, game or poultry, but make exceedingly good dishes, for many occasions.

Potted Ham, Etc.

No matter how carefully the ham is cut there always remains a part too good to throw away. Cut from the bone all you possibly can. Do not use any stringy parts. Grind it through the meat cutter twice if it does not seem very fine the first time, add to the ham about as much butter as you have ham. Mix well together, add a little cayenne and pack into small jars. Pour over each jar a little melted butter and put away in a cold place. It will keep several days or even weeks in cold weather. It is excellent for making sandwiches as well as a delicious relish for luncheon. Bits of chicken and veal can be done in the same way, only do not forget to add salt, pepper and a little lemon, grated to the veal, with the butter.

Bloaters well pounded and mixed with butter make appetizing sandwiches. Anchovies also well pounded and mixed with butter, then packed in little jars, are very good. It is astonishing how much a small piece of veal or of chicken or any meat makes when minced. After the meat is minced, place in saucepan, add a teacupful of stock or milk, one tablespoonful of butter, a little salt and pepper, a few drops of onion juice. Reheat when needed, and when hot, spread the mince on pieces of toast and if more of a dish is desired place on each slice a poached egg.

Much can be done with odds and ends of left-overs. Save them carefully and look over what you have, before purchasing the supplies for the day. Often you need only a very little to add to the dinner or supper, and yet have a generous meal. There are many fortunate ones who need never think of the table expenses and, of course, most of these recipes are of no interest to them, while others must see that their expenses keep an even balance, so if the table is lavishly supplied today, tomorrow it must be more simple.

Do not always think a little left-over meat, or game is only to be rewarmed, put with it some cooked vegetables left over, some celery or lettuce, mix well with a mayonnaise dressing, this salad served with some fresh bread and butter makes an excellent lunch.

BREADING, CRUMBS, ETC.

Breading and Rasping—1.

For breading, use beaten eggs, oil and crumbs of either cracker or stale bread; if bread is used rub the crumbs through a sieve, dry in the oven, and place in a tin box until ready to use. In breading, the eggs should be well beaten; for three eggs add one tablespoonful of oil, one tablespoonful of water, a saltspoonful of salt and a pinch of pepper.

"Raspings" are made from crusts of bread baked to a bright golden color, then crushed with the rolling-pin, passed through a sieve, and put by for use—the coarse crumbs being used to sprinkle over roast birds, etc.

Breading—2.

In preparing the crumbs for breading any article, to successfully cover the articles, you must use a quantity of crumbs—there should be a quart or more of prepared crumbs on the board.

Crumbs.

Mix crumbs with a little melted butter before putting on the top of any dish.

Put one teaspoonful of hot water always into the yolk of an egg when used for breading, with crumbs and eggs.

To Add Fruit to Cake.

To prevent citron, raisins or currants from sinking to the bottom of the cake when baking, have them well warmed in the oven before adding to the cake batter.

Cracker Crumbs.

Crackers should be made hot, then rolled and sifted, rolled and sifted again, until they are very fine; all crumbs for breading should be made very fine before using.

Mush.

Put mush for frying into baking powder tins. You can slice the mush in round slices which will present a very appetizing appearance.

Fried Bread for Soup.

Cut stale bread into thin slices and moisten them with milk, then cut into dice, put in a pan and fry in butter until brown.

Croutons for Soup.

Cut some slices of bread into small dice and fry in a little hot butter until of a light brown color.

Bread Crumbs.

Save all pieces of bread. The large slices can be used for toast; small pieces be used in puddings or dried for crumbs. Use the white part and crusts separately, dry in oven, sift, then put away in glass mason jars.

Bread for Afternoon Tea.

Slice stale bread very thinly, brown in hot oven, then put on each slice a little melted butter, serve hot.

Cheese.

To Keep Cheese from Molding.

Wring out a cloth in cider vinegar, wrap it around the cheese, cover with a paper bag and keep the cheese in a dry, cool place. The cheese will retain its freshness and will not mold.

CHEESE PREPARATIONS.

Cheese.

Cheese is regarded as a most important article of food; it contains more nutritious material than any other food that is ordinarily obtainable. Mr. W. Matthieu Williams, in his "Chemistry of Cookery," says: "All that is required to render it, next to bread, the staple food of the world, is scientific cookery." Mr. Williams advises the use of a very little bicarbonate of potash soda in all cheese dishes.

Aigrettes of Parmesan.

One-fourth pint of water, two ounces of butter, two ounces of flour, two ounces of grated cheese (Parmesan), two eggs, one-fourth ounce of pepper and salt. Put the water into the saucepan with the butter, let it boil, shake in the flour, cook well; add the cheese, eggs, well beaten, one at a time. When thick remove from fire and cool. Have ready some boiling fat and drop in about a dessertspoonful of the mixture at a time; fry a golden brown and serve very hot.

Cheese Balls.

Two cups of grated cheese, the whites of two eggs, beaten very lightly, one tablespoonful of cream, one saltspoonful of salt, a little cayenne, five drops of Worcestershire sauce. Mix all these together, then make into small balls, dip them in beaten eggs and fine bread crumbs; fry in hot deep lard. Serve with lettuce salad.

Cheeselets.

A saucer three-fourths full of grated cheese, mix with it the whites of three eggs beaten stiff, add a pinch of salt, a few drops of Worcestershire sauce. Form into balls, roll in cracker crumbs (very fine), drop in boiling lard. To be made during the dinner and served directly, with the salad.

Cheese Custards.

Take two ounces of grated cheese, three teaspoonfuls of milk or cream, one egg well beaten, a little cayenne and salt to taste. Beat all well together, bake in a small dish in a gentle oven for fifteen or twenty minutes and serve very hot.

Cream Cheese—1.

Now that so many have homes in the country, these recipes for making various kinds of cream cheese may prove useful and acceptable:

Mix in a large pan one pint of fresh cream and one and one-half pints of fresh milk, with one-half teaspoonful of liquid rennet; whip together with an egg beater thoroughly, then let the mixture stand for three hours, or until quite clotted and set; then place the cheese in a cheesecloth bag, suspend it over a pan to drip for twelve hours; then line some small molds with cheesecloth and press the cheese into the molds. These can be kept three or four days. They may be salted a little, or a little sugar added before pressing into the molds. Remove the cloths before serving.

Fontainbleau Cheese.

One quart of fresh milk; stir into it one teaspoonful of liquid rennet (the milk should be just blood warm), only stir slightly. As soon as the milk is thick, stir with a fork to separate the curd from the whey, drain, and add two tablespoonfuls of cream. Line some little wooden molds, which have perforated bottoms, with cheesecloth; place the cheese in these. Let drain for three days, then remove from the molds and serve with sugar and cream.

Cream Cheese—2.

Equal quantities of milk and cream; to every three pints add five drops of liquid rennet. Beat together until the surface is frothy, then let it stand for twelve hours; put a cheesecloth over a perforated pan, put in the cheese and drain for ten or twelve hours, then press it, cheese cloth and all, into a mold or bowl. After two hours, remove from cheese cloth, lay on clean board, sprinkle with salt on both sides and let it remain on the board in a cool, draughty place for three days, turning it over and sprinkling with salt every day. It is then ready to serve.

Cottage Cheese.

Take sour milk, put it on the range until the milk crinkles, then place in a colander and drain off all the whey; beat the cheese until very light, add a little cream and salt, make into balls and pour over them some rich cream.

If the milk is very thick and sour, it can be made by putting it into a cheese cloth bag, suspend it over a bowl and drain, then add cream to moisten, a little salt, many like a little sugar added, and a little melted butter, or grated nutmeg.

Cottage cheese can be molded into small balls, chilled on the ice and then rolled in finely minced parsley to serve with lettuce salad, or roll the balls in finely grated nuts.

Cheese Croquettes.

Melt three tablespoonfuls of butter, add two tablespoonfuls of flour and stir until well blended, then pour in gradually two-thirds of a cupful of

hot milk; bring to the boiling point; add the yolks of three unbeaten eggs and one-half cupful of grated Gruiere cheese. As soon as this cheese is melted, remove sauce from the fire and fold in one cupful of American cheese cut into very small pieces; season with a little salt and cayenne. Spread on a platter and put aside to cool. When needed, mold into small croquettes, dip each one in egg and then in bread crumbs, fry in deep fat, and drain on brown paper. Serve on a plate on thin slices of fried bread, made by dipping each slice in beaten yolk of egg and then in bread crumbs and fry until brown.

Cheese Fondue—1.

The fondue must be baked in the dish in which it is served—a small silver dish or a French porcelain one is suitable. Mix one tablespoonful of butter and one tablespoonful of flour in the saucepan, stir until they bubble, then add one gill of rich milk; this will make a thick white sauce, stir constantly to prevent burning; when smooth, stir into the sauce three tablespoonfuls of grated cheese (good York State cheese), one small saltspoonful of salt, a little cayenne. Turn the mixture into a bowl, stir in the well-beaten yolks of two eggs; whip the whites of three eggs very stiff and stir them in very gently at the last. Butter the dish in which the fondue is to be baked; the fondue must half fill it. Bake until it is a golden brown in hot oven. Serve at once.

Cheese Fondue—2.

One cup of bread crumbs fine and dry, two cups of milk, one-half pound of cheese grated, three eggs, whipped very light, one tablespoonful of melted butter, some pepper and salt, a pinch of soda dissolved in a little hot water and stirred into the milk. Soak the crumbs in the milk, beat the eggs and stir into the crumbs and milk, then add the cheese. Butter the baking dish, pour the mixture into it. Sprinkle some dry crumbs on the top, and bake in a hot oven.

A very little soda should be put in all cheese preparations.

Cheese Fritters.

Grate eight ounces of common cheese very fine; beat the whites of three eggs until very stiff; add the cheese, a little salt and pepper, mix and drop in small spoonfuls in boiling lard and fry until brown. These must be served at once on hot plates and with the salad course.

Melted Cheese with Cream.

Grate one pound of ordinary full cream cheese. This is a soft, uncolored cheese, sold in many places under the name of Welsh rarebit cheese. Put the cheese into the saucepan, add a dash of red pepper, half a teaspoonful of salt, the yolks of two eggs beaten, with four tablespoonfuls of cream. If you like you may add a teaspoonful of Worcestershire sauce. Put this over the fire and stir constantly until the cheese begins to melt, then beat

rapidly with a fork until light and creamy. Take from the fire and pour it at once over squares of toasted bread. Serve very hot.

Kluskis of Cream Cheese.

Take half a pound of fresh butter, six eggs, six tablespoonfuls of cream cheese, a pinch of powdered sugar, salt sufficient grated bread crumbs and cream to make a paste; mix well together and roll into balls; poach them in boiling salt and water, drain, and serve them with poivrade sauce.

Cheese Muff.

One and one-half ounces of butter, four ounces of grated cheese, one teaspoonful of salt, one-half teaspoonful of pepper, four eggs. Put the cheese and butter in a saucepan on the fire; when melted add the eggs well beaten and the salt and pepper. Stir and cook until you can push it up into a soft, muff-shaped form. Serve at once.

An English Monkey.

Soak one cupful of bread crumbs in one cupful of milk for fifteen minutes. Melt one tablespoonful of butter and one cupful of cheese broken into bits, stir together until melted; add the crumbs and one egg well beaten; one-half teaspoonful of salt, a little cayenne, one piece of bi-carbonate of soda the size of a pea. Cook for five minutes, serve on crackers.

Cheese Pudding.

Soak six slices of bread, buttered, in a batter made of two eggs, beaten into a large cup of milk; then place the slices of soaked bread in a pudding dish, covering each with a thick layer of grated cheese; fill the dish with these layers, put over all any batter remaining. This is a delicate as well as a very nutritious dish.

Cheese Puffs.

Put a small cupful of water in a double boiler, with a tablespoon of butter. When it is boiling, stir in rapidly three heaping tablespoonfuls of flour. Stir until it has thickened so that it leaves the sides of the pan; remove from the fire and add two unbeaten eggs, beating each one in thoroughly. Drop on a greased pan in pieces the size of a butternut, brush over with beaten egg and sprinkle thickly with grated cheese seasoned with a little paprika. Bake in a rather quick oven for fifteen minutes. They should rise and be mere shells. Serve immediately.

Parmesan Croquettes.

Four ounces of Parmesan, one ounce of flour, one ounce of mashed potatoes, two ounces of butter, one-fourth pint of cream, one-fourth pint of milk, two eggs, a pinch of unmixed mustard, a pinch of salt, a pinch of cayenne, one ounce of bread crumbs.

Mix one ounce of flour with two ounces of butter in a saucepan, stir for five minutes and add the milk and potato and cheese; stir thoroughly

together; add the seasoning and cream, allow to boil; then take off the fire, and stir in gradually the well beaten yolks of two eggs, remove from fire and allow to get cold and hard, then make up into balls the size of a small walnut, egg and bread crumb these, and fry in boiling lard in a frying basket; allow to drain, then pile up high on a small silver dish and ornament with pickled chillies and mustard and cress.

Curds with Cream.

Four quarts of sour milk, drain in a cheese cloth bag until the whey is all out, then beat the curd well, add a little salt and a few spoonfuls of cream; form into small, flat balls; pour rich, sweet cream over them with a little grated nutmeg.

Pounded Cheese.

Cheese often becomes too dry or unsightly to serve in its original form, and there are often pieces of cheese which look no longer appetizing. To use these scraps put the pieces, say half a pound, into a grinder with a teaspoonful of made mustard, an equal quantity of fine white sugar and a good seasoning of either cayenne, curry powder or anchovy essence. Mix all to a smooth paste, moisten with butter slightly melted, and then press the mixture into small jars; cover with a thin layer of melted butter, tie a thick paper over and store in a cool place until required. When prepared in this way, cheese will remain good for several weeks, and will often prove a help when there is an unexpected demand for a relish. Spread it thinly upon pieces of hot, crisp toast.

Cheese Molds.

One tablespoonful of gelatine moistened in milk. Four tablespoonfuls of grated cheese. One pint of whipped cream. A little salt, cayenne, and if liked, a little mustard. Mix and place in small molds, previously dipped in cold water, or in one mold, to stiffen. Serve with salad.

Cheese in Ramekins.

Four ounces of grated cheese, two ounces of bread without crust, one-third of a teaspoonful of mustard, one-third of a teaspoonful of salt, two eggs, one-half gill of milk. Crumb the bread into the milk and boil until soft, then add the mustard, salt, pepper, cheese and the yolks of the eggs beaten thoroughly, then stir in the whites beaten to a stiff froth. Bake in shallow pan, or in paper cases; bake fifteen minutes.

Stewed Cheese.

Two tablespoonfuls of grated cheese, four tablespoonfuls of cream, one tablespoonful of butter, one egg, a little cayenne, melt the butter in the saucepan or in the chafing dish, then stir in the cream, then the cheese, lastly the eggs well beaten; stir until the mixture is smooth; serve on hot toast.

Pastry Fingers with Cheese.

Roll out scraps of cold puff paste dough very thinly, sprinkle with grated cheese and a little cayenne, roll the paste several times and sprinkle with the cheese and pepper each time; then put the paste away to harden on ice; when needed, roll out thinly and cut with a pastry cutter into strips five inches long and about a quarter of an inch wide. Bake quickly and serve piled up like straws.

Cheese Souffle—1.

Six ounces of rich cheese, one teaspoonful of mustard, one saltspoonful of white pepper, a little cayenne, two ounces of butter, one-sixth of a grated nutmeg, two tablespoonfuls of flour, one gill of milk, six eggs. Put the cheese into the saucepan with the mustard, pepper, nutmeg, butter, flour and milk; stir all until it looks like rich, smooth cream—it must not boil; then add the yolks well beaten, then the whites well beaten; put into a pudding dish and bake for twenty minutes; serve at once, or fill little paper cases or the small porcelain ones with the mixture and bake for fifteen minutes.

Cheese Souffle—2.

Two tablespoonfuls of flour mix smoothly into a soft paste with a little milk; add this to one pint of hot milk in the double boiler; stir until the sauce thickens, add two tablespoonfuls of butter, one saltspoonful of salt, a little cayenne and a wee bit of soda; stir well; when smooth remove from fire and keep stirring for five minutes, then cool; when cold add the beaten yolks of four eggs, six tablespoonfuls of finely grated cheese, beat well together, lastly add the whites of four eggs beaten very stiff, mix well, but gently, and pour into a buttered pan and bake in a moderate oven until the souffle is brown and very light. Serve at once and in the pan; put a white napkin around the pan before serving.

Cheese to Serve with Salads.

Take one tablespoonful of gelatine, dissolve it in a little cold water; to hasten this, place the cup containing the gelatine over hot water; when dissolved strain it into one pint of thick sour cream and beat until very light; add one cup of grated cheese (York State Cheese), stir well; add one teaspoonful salt; wet small individual molds and fill with the mixture, place on ice and serve with the salad.

Cheese Sandwiches.

Cut bread into thin slices, then into finger-lengths, and one inch in width; spread with butter and place on each a thin slice of fresh Swiss cheese; cover with a slice of the buttered bread, trim neatly and dip each sandwich into melted butter, place on pan in hot oven and cook until brown; serve with salad.

Cheese Toast.

Put one-half ounce of butter into saucepan; when hot add four ounces of good cheese, beat it thoroughly until it is melted, then add one-half pint

of cream and two eggs, add a little salt and a small pinch of soda; serve at once on toast.

Cottage Cheese Salad.

Mix one pint of cottage cheese with one-half cupful of chopped English walnuts, one teaspoonful of chopped chives, one teaspoonful of salt and one-half saltspoonful of paprika. Form into balls and arrange in nests of lettuce. Serve with a mayonnaise dressing to which has been added some chopped olives and capers.

Baked Rarebit.

Cut one pound of mild cheese in thin slices. Sprinkle a layer of bread crumbs in a buttered baking dish, cover with one-third of the cheese, sprinkle with salt and paprika, and repeat twice, making three layers, using the prepared cheese, two and one-half cupfuls of stale bread crumbs, one and three-fourths teaspoonfuls of salt and one-third teaspoonful of paprika. Dot over with two tablespoonfuls of butter. Beat three eggs slightly, add one and one-half cupfuls of milk and pour over mixture. Bake in a moderate oven twenty-five minutes.

Cream Cheese Crackers.

Soften the cheese with a little cream, spread this on the crackers, placing in center a little guava jelly or strawberry preserve.

Crackers and Cheese.

Place in the center of each cracker a cube of common cheese, place in hot oven. The cheese will melt and spread to edge of the crackers, leaving a small cube in center, sprinkle over it some paprika.

Crackers with Sardine or Anchovy Paste.

Spread the crackers with either paste, place in hot oven for a few minutes, remove and sprinkle some lemon juice over them.

Welsh Rarebit.

Melt one tablespoonful of butter in the chafing dish; when hot add three teacupfuls of cheese (American), cut in small pieces, a little cayenne, and about one-third of a pint of beer, or the same amount of cream; stir constantly; when melted, pour the mixture on toast. Poached eggs can be added after the cheese is melted and poured on the toast, and the mixture is then called a golden buck, one egg to each slice of toast.

Welsh Rarebit.

To three-quarters of a pound of York State Cheese add two tablespoonfuls of butter, place all in a frying pan, and as the cheese melts, stir constantly until butter and cheese are well cooked, then add one-fourth teaspoonful of soda (sprinkled in). Keep stirring all the time, lastly add one egg beaten until light, stir the egg into the cheese mixture, then pour the mixture over slices of hot buttered toast, serve at once. This rarebit has the merit of never causing indigestion after eating it.

Some Things Worth Remembering

Always fold in the whipped whites of eggs, into cake batter or other batters, rather than to beat them in.

Always strain any mixture of flour or milk or water to avoid lumps and always add milk or water a little at a time in mixing any thickening.

Hot Plates.

Hot plates should always accompany all hot dishes. Do not over-heat the plates, so as to render them difficult to handle. All dishes used to serve meat, vegetables, or anything hot on should also be heated before the food is placed on them.

Seeds.

Always remove all seeds from lemons, grape fruit, oranges, peppers, before using them.

Flour.

Always sift flour before using.

Refrigerator.

To see that the refrigerator is kept absolutely clean.

Left-Overs.

To look over the left-overs every day and to use all that are available.

Cake Crumbs.

Stale cake is useful in making various puddings.

To Clean Fresh and Dried Fruits.

To remove sand and grit from small fruits, when washing them is necessary, is to lay the fruit loosely in a clean wire basket and dip the basket into fresh water several times, then let the fruit drain before using.

To Chop Parsley.

In chopping parsley, after it is very fine, wash it, then place in the corner of a napkin and wring it dry; the parsley will, after this, sprinkle easily over any dish for which it is required, or cut the parsley with scissors.

To Clean Iron Kettles.

A little vinegar and salt, boiled in an iron skillet or spider, will remove all burned and black spots.

To Prepare Gelatine.

Gelatine must be soaked in cold water first, then dissolved in hot water.

Granulated Gelatine.

Now that the granulated gelatine is so much used—to properly measure it so as to correspond to the many recipes calling for one-fourth or one-half

box of the ordinary shredded gelatine, use one tablespoonful of the granulated for one-fourth box and two tablespoonfuls for one-half box, etc.

Economy.

It is not economy to use poor, *cheap* materials, either in meats, groceries or fats; the best articles are the cheapest in the end. Economy is a good and a fine quality, but it must be intelligent economy. The avoidance of waste in every department of the kitchen, larder and pantry is the only true economy. Never allow the least scrap to go to loss, but strive to turn even the scraps to some good use. Scrupulous cleanliness is indispensable, cleanliness in everything, vegetables carefully washed and rinsed, every utensil invitingly clean. Sift all flour used.

Browned Flour.

Put some sifted flour into a pan, place it on the stove and stir constantly from the bottom, whenever it begins to stick—do not let it burn, but when well browned, it is done. Put in a tin canister or glass jar to keep until needed.

Honore de Balzac said: "If there is anything sadder than unrecognized genius, it is the misunderstood stomach; the heart, whose love is rejected, this much-abused dream, rests upon a fictitious want. But the stomach! Nothing can be compared to its sufferings, for we must have life before everything.

It must be urged upon every woman who has the care of a family the necessity of a personal oversight in the purchasing of the food and see (if not actually cooking it), that the food is properly prepared.

There are really only two kinds of cooking, namely, *bad cooking* and *good cooking,* and no splendor of service, no magnificence of table decorations can compensate for inferior and badly cooked viands. But cooking must be closely studied, for there is no perfect cook book to follow. We must learn the lesson by experience. It is often hardly and sadly acquired. Never was food so abundant nor the variety so great as now. It is a shame so much of it is ruined by bad cooking. In how many homes is the bread always perfect? Too often it is like a game of chance; perhaps it is good, light, well baked, then again it is heavy, half dough and unhealthy. Yet the making of uniformly good bread is very simple. It requires nothing but exactness, time and patience, and of course, good flour and good yeast.

Why is it so often said: "I must be economical and cannot buy the most expensive meat, the best cuts, the best fruit, the best vegetables, etc?" The most expensive portions of meat are not the best. Take the tenderloin or fillet of beef. It has not nearly the nourishment in it that other parts have, yet it costs more than double.

THE MOST APPETIZING STEWS CAN BE MADE FROM THE CHEAPEST PARTS OF THE BEEF. The neck of lamb or mutton contains much more nourishment than the so-called "French chop" does, yet the cost is far less.

If economy is necessary, make it a rule never to buy vegetables or fruits which are not in season. After all, it only means waiting for them a little while, and when they do come they are so much fresher and better than those brought from a long distance. But economy is not in the buying of cheap poor foods, but in the buying of good foods, only avoiding those which are very high priced on account of being rare or out of season.

Canned Fruits, Vegetables, Meats.

Never leave any fruits, vegetables or meats in the can after the can is opened, remove the contents at once.

Water in Cooking.

Not all cooks understand the different effects produced by hard and soft water in cooking meat and vegetables. Peas and beans cooked in hard water will not cook as soft as in soft water. Many vegetables, as onion, will become nearly tasteless in soft water, because all the flavor is boiled out. For extracting the juice of meat to make soup, soft water is the best; but for boiling where the juices of the meat should be retained, hard water is preferable, and meat should be put in while the water is boiling, so as to seal up the pores at once.

Grease on Stove.

When grease is spilled on a hot stove the disagreeable odor can be killed by sprinkling salt on it.

Coffee and Tea Stains.

Boiling water will remove coffee stains, cold water and borax tea stains.

Odor from Cabbage.

Often when cabbage, turnips or cauliflower are being cooked the unpleasant odor from them can be killed by placing some ground coffee on the hot stove.

Not to Slam Oven Door.

Remember, never to slam the oven door when you are baking cake or bread or anything that is expected to be light in texture.

Chopping Suet.

Always add a little flour when chopping suet to prevent the pieces from oiling and sticking together.

Grease all pans and molds with butter, dripping or lard, using a small brush.

Scissors.

Keep a good-sized pair of scissors for use in the kitchen for cutting vegetables, parsley, mint and other things.

To Keep Food Warm.

When you find that any portion of your dinner has to wait unexpectedly, remove it from the fire, place in a dish, and stand it in a pan containing hot water. Cover and set on the back of the stove. If it is a sauce of any kind, stir it occasionally to prevent a crust forming.

Burns.

In case of a burn, cover the place with bi-carbonate of soda (saleratus), and bind over it a soft cloth; this will relieve by keeping the air from the burnt place. As soda is in all kitchens this is a convenient remedy. Lime water also is an excellent remedy. Wet cloths in it and place over the burn.

Clogging of Sink.

To prevent clogging of the sink in the kitchen from grease keep a lump of washing soda over the opening of the drain. It is wise to flush the sinks and drains at least twice a week with copperas water poured down them scalding hot. Put several pounds of copperas in a tub filled with water. Heat the water before using and always use the same kettle to heat it in and use it for no other purpose.

Is there any small thing more annoying to tired nerves than the squeaking of a door? Yet a little oil applied to the hinges with a feather will remove the worry. Another exasperating thing is the tendency of bureau drawers to stick in damp weather. By rubbing the edges with a little hard soap another worry is done away with.

To Keep Meats.

Meat can be kept in summer for a longer time if it is thoroughly rubbed over with olive oil; steaks should be dipped in oil or melted butter or dripping, and then hung up.

Meat can be rubbed with ginger, every crevice filled, if desired to keep it for a few days.

Sponges.

When sponges have become soft and sour, rub into them some lemon juice, then rinse several times in lukewarm water and dry.

Old Glass Jars.

Wash old glass jars in hot water in which is dissolved a tablespoonful of baking soda; after, rinse well in cold water.

To Remove Mortar and Paint.

Mortar and paint may be removed from window glass by washing the glass with strong, hot vinegar.

Herbs Used in Cooking.

ANISE—Seeds used in confectionery and cakes.

CARAWAY—The seeds are used in cakes, bread and confectionery.

DILL—Used in seasoning, especially in pickles.

MINT—The green leaves used in flavoring sauces and in the celebrated mint julep of the South.

PARSLEY—Used as a seasoning and garnish.

SAVORY—Both summer and winter savory, used for seasoning.

SWEET MARJORAM—Used in seasoning.

SAGE—Used in seasoning, cheese, pork, sausages, and in domestic remedies.

THYME—Used in seasoning.

PEPPERMINT—The oil extracted and used in confectionery and medicines.

Sweet Herbs.

Many recipes call for "Sweet Herbs;" the proper mixture is: One part marjoram, two parts thyme, and three parts parsley. It is a wise precaution to dry bunches of these herbs carefully, sift them through a sieve, and mix in the above proportions and bottle ready for use.

Terms in Cooking.

Boiling—Is to cook in boiling water.

Braising—Is to cook in stew or in oven.

Baking—Is to cook in the oven.

Broiling—Is to cook on gridiron over coals.

Roasting—Is to cook before the fire, but is now applied to the oven.

Frying—Is to cook in deep boiling fat.

Saute—Is to cook in fat, not deep fat.

Stewing—Is to cook in a little liquid, either water, milk or stock.

Fricassee—Is to cook either in fat or liquid and served with the sauce.

Larding—Is to put thin strips of fat pork through the meat.

A Few French Terms Used in Cookery.

A la Diable—Deviled.

Au Gratin—Browned Crumbs.

Au Kari—Curried.

Au maigre—Without meat.

Au naturel—Uncooked or without seasoning.

Bain Marie—A pan for holding hot water, in which smaller pans can be placed holding food.

Beignets—Fritters.

Bisque—Shell fish thick soup.

Bonchees—Small patties.

Braise—Roasted meat in covered pan.

Brochette—Meats cooked on a skewer.

Canapes—Fried pieces of bread.

Compote—Stewed fruit.

Consomme—Clear soup.

Croquette—Any seasoned mince made into balls and fried.
Croutons—Small bits of fried bread.
Chaudfroid—A cooked entree served cold.
Entree—A side dish.
Entremets—Dishes served at second course.
Farce—Any stuffing.
Fondue—Cheese melted with butter.
Fricassee—Fish, poultry or game stewed.
Gateau—Cake.
Glace—Ice glaze.
Gratin—Anything baked with crumbs.
Hachis—Hash.
Haricot—Meat stewed with vegetables.
Hors d'œuvres—Small relishes served before dinner.
Julienne—Clear soup with finely cut vegetables.
Kromeskies—Chipped meat fried in batter.
Lardons—Pieces of pork used in larding.
Marinade—Pickle, to steep meat or fish in.
Mayonnaise—Sauce of oil, egg, etc.
Menu—Bill of fare.
Meringue—Paste of whites of eggs and sugar.
Nougat—Paste of nuts and sugar.
Pate—Pie.
Petits fours—Small cakes.
Piece de resistance—Principal dish.
Pillau—Stew of fowls, with rice, etc.
Pique—Larded.
Potage—Soup.
Puree—Pulp of vegetables or fruits.
Quenelles—Pounded meat or game with bread crumbs.
Ragout—Hash or Stew.
Rissoles—Balls of minced meat, fish, etc.
Rechauffe—Cold warmed-over meats.
Salmis—Hash with rich sauce.
Saute—Cooked in fat.
Tammy—To put through sieve or cloth.
Terrine—Any earthenware dish.
Vol-au-vent—Pastry case in which meat, poultry or vegetables, fruits, etc., are served.

Time Tables for Cooking Meats and Fish.

The tables cannot be absolutely exact as there are always the atmosphere, altitude and the kind of oven or stove used, to be considered. The follow-

ing tables aim to be as useful as possible—the modifications and exceptions must be learned by experience and daily application.

Meats—Roasting or Baking.

Beef—ribs or sirloin—rare, per pound, 10 minutes; well done, per pound, 12 minutes; boned and rolled, per pound, 12 minutes. Round of beef, per pound, 15 minutes. Mutton—leg, rare, per pound, 10 minutes; leg, well done, per pound, 15 minutes; loin, rare, per pound, 10 minutes; shoulder, stuffed, per pound, 15 minutes; saddle, rare, per pound, 10 minutes. Lamb, well done, per pound, 15 minutes. Veal, well done, per pound, 20 minutes. Pork, well done, per pound, 30 minutes. Turkey, per pound, 15 minutes. Fowls, per pound, 20 minutes. Chicken, per pound, 15 minutes. Goose, per pound, 18 minutes. Venison, per pound, 15 minutes. Fillet, hot oven, per pound, 30 minutes. Ducks, wild, very hot oven, 15 to 30 minutes. Partridge, 30 minutes. Grouse, 30 minutes. Pigeons, 30 minutes. Braised Meats, 3 to 4 hours. Liver, whole, 2 hours.

Boiling.

Mutton, per pound, 15 minutes. Potted Beef, per pound, 30 to 35 minutes. Corned Beef, slow simmering, per pound, 30 minutes. Ham, per pound, 18 to 20 minutes. Turkey, per pound, 15 minutes. Chicken, per pound, 15 minutes. Fowl, per pound, 20 to 30 minutes. Tripe, per pound, 3 to 5 hours.

Broiling.

Steak, 1 inch thick, 8 to 10 minutes. Steak, 1½ inches thick, 10 to 15 minutes. Mutton Chops, French, 8 minutes. Mutton Chops, English, 10 minutes. Spring Chicken, 20 minutes. Quail, 8 to 10 minutes. Grouse, 15 minutes. Squabs, 10 to 15 minutes. Shad, Bluefish, Trout, 15 to 25 minutes. Small Fish, 5 to 10 minutes.

Fish—Boil.

Halibut and Salmon, per pound, 15 minutes. Bluefish and Bass, per pound, 10 minutes. Cod and Haddock, per pound, 8 minutes.

Bake.

Halibut, salmon, bass, bluefish, shad, etc., for one hour. Trout, pickerel, white fish, etc., for one-half hour.

Time Table for Cooking Vegetables.

Asparagus, 30 minutes. Beans, to bake, 5 hours. Brussel Sprouts, 15 minutes. Cabbage, 40 to 50 minutes. Corn, 30 minutes. Lima Beans, fresh, 30 minutes. Lima Beans, old, 45 minutes. Onions, 35 to 45 minutes. Parsnips, 40 to 60 minutes. New potatoes, 30 minutes. Old potatoes, 40 minutes. Spinach, 25 minutes. Squash, summer, 30 minutes. Squash, winter, 40 minutes. String Beans, 30 to 40 minutes.

To Thicken with Cornstarch.

Cornstarch is used to thicken soups or sauces because it makes a smoother thickening, but it should be cooked for fifteen minutes—ordinary flour requires five minutes to cook.

Some of the Articles Needed in the Kitchen.

Two double boilers, apple corer, four kettles, different sizes for cooking vegetables; one soup kettle; one preserving kettle; two roasting pans; one biscuit or roll pan; one smaller roasting pan; one teakettle; one kettle heating fat, with the basket; cake cutters; cake pans; cake turner or pancake turner; chopping knife; dish pans; Enterprise meat chopper; small wooden bowl for chopping in, chopping knife; small vegetable, and carving knife; butter ladles for making butter balls; cleaner; clock, a good one; coffee mill; measuring cups or glasses; vegetable cutter; biscuit cutter; egg beaters, Dover egg beater; frying pan; gem pan; flour sifter, glass jars; griddle; graters, coarse and fine; ham boiler; ice picks; jelly molds; lemon squeezer; various mixing bowls; pitchers, large and small; pudding molds; pudding pans and bowls; muffin rings; molding board; omelette pan; palette knife, large; potato masher; rolling pin; rack for keeping food on stove; scales, dial the most convenient; sink basket; skewers; wooden toothpicks; skimmer; strainer, three sizes; sieves; towel rack for roller towel; funnel; apple parer; waffle irons; whisk, wire dish covers; various sizes of spoons and knives, two large forks.

The list can be extended indefinitely, but as the need for certain utensils comes up in the kitchen, they can easily be purchased and added.

Have plenty of towels, long ones for the hand towel roller, fine glass towels, coarse ones for the pots and pans, coarse long ones for taking out of the oven the roasting pans and removing the kettles from stove, have good kitchen soap, use ivory for the hands and fine glass, china and silver.

What to Serve With.

With Fish, serve cucumber salad, sliced lemons, fried pineapple.

With Beef, roast potatoes, grated horseradish sauce, Yorkshire pudding, onions.

With Mutton, turnips or onion puree, currant jelly, caper sauce.

With Lamb, mint sauce, brown caper sauce.

With Roast Turkey, cranberry sauce, giblet gravy.

With Boiled Turkey, oyster sauce or onion sauce.

With Roast Duck, apple sauce, onions, currant jelly.

With Wild Duck, orange sauce, currant jelly, baked apples.

With Roast Chicken, cranberry sauce, bread sauce, fried prunes.

With Boiled Chicken, celery or oyster sauce, bread sauce.

With Venison, currant jelly.

With Snipe, hot toast, watercress salad.

With Roast Pork, apple sauce.
With Quail and other small birds, currant jelly, watercress.
With Fresh Mackerel, gooseberry sauce, or parsley and butter sauce.
With Shad, boiled rice.
With Salmon, cucumbers, green peas and cream sauce.
With Pheasant, bread sauce and browned bread crumbs over.
With Grouse, brown gravy and watercress.
With Roast Goose, apple sauce and fried onions.
The directions for making all these sauces will be found under "Sauces."

To Keep Meats Untainted.

Put a piece of charcoal inside of any poultry to be kept over night in summer; when the meat has a close or slightly tainted smell wash it in water in which is dissolved a teaspoonful of soda, or in water and vinegar mixed.

Lemons.

Keep lemons in a crock filled with cold water.

Egg Stain.

Salt will remove the stain on egg spoons.

Broiling.

In broiling, no thin pieces should be broiled, only thick fleshy pieces. No forks should ever be stuck into them, nor should they be cut with a knife while cooking. You may sprinkle your steak or chop with a little pepper, but never add the salt till the meat is done.

Washing Glass.

When washing glasses in hot water be sure the outside of the glass is washed first. In this way the glass is kept from breaking.

Scrubbing Brush.

Do not lay the scrubbing brush with the bristles upward. The water is allowed to soak into the wooden part and the bristles very soon become loose. Always place it with the bristles down.

To Clean Copper.

To clean copper take a handful of common salt, enough water and flour to make a paste; mix together thoroughly. There is nothing better for cleaning copper. After using the paste wash thoroughly.

Old Newspapers.

Cut newspaper sheets into four pieces, put a string through one corner and hang over the sink. If a sheet of paper is placed under any cooking utensil that is set in the sink after being taken off the stove, much scrubbing and cleaning will be saved.

To Soften Water.

If the water is hard water, a little pinch of soda should be added to soften it for cooking purposes.

To Kill Cockroaches.

Helebore sprinkled about on the floor of the rooms infested by cockroaches, will kill the pests, they eat it and will be poisoned. Be sure to sweep the helebore up every morning.

Bait for Rat Trap.

A raw oyster makes an excellent bait for rats.

To Remove Black Beetles.

Try fresh cucumber peelings where black beetles and cockroaches haunt.

Put Away Utensils.

In cooking, try to clear up all utensils used as you go on; do not allow all to accumulate. Wash and put each one back in its place. Neatness, order and method should be observed in every kitchen.

To Clean Kettles.

When any kettle has become black and burned, boil in it a solution of sal soda for an hour or more. Use soda to soften the grease on pans, and scour with Sapolio.

To Clean Drains.

Pour a solution of concentrated lye down the drain pipe of the kitchen sink at least twice a week to prevent the grease stopping the pipe.

The Refrigerator.

See that the refrigerator is kept absolutely clean, the drain pipe kept open by washing the refrigerator out three times a week with cold water with soda or borax dissolved in it.

Milk or cream if kept in the general refrigerator should be lightly covered in glass jars. Butter should be closely covered. If anything is spilt in the refrigerator, have it wiped up at once. Fish should never be kept with other articles of food.

When the refrigerator is empty, open the doors so as to let the inside air out, and dry. When the ice is put in, let the doors remain open a few minutes to let out the warm air, then close. The refrigerator requires a general look over every day, never allow any stale or tainted meat to remain in it or any sour vegetables. The greatest care is needed to keep the refrigerator in a perfectly sanitary condition.

Flat Irons.

Flat irons that are rusty can be cleaned by rubbing them with wax tied in a cloth, the irons to be warm; then rub them well on a board strewn with salt.

Ink Spots.

Ink spots can be removed from the fingers by a little ammonia.

Shiny Look on Seams.

A little ammonia and alcohol mixed, rubbed on black silk will remove the "shiny" look, so often seen on seams of dresses.

To Wash Blankets.

To each pailful of rain water use one tablespoonful of borax.

Fill the wash boiler with water; cut into small pieces two cakes of any good white soap. When this is dissolved and the water boiling, strain into the washtubs through cheese cloth.

Put in the blankets; do not mix the colored borders; put all of one color together; let the blankets remain in the water over night; cover the tubs. The water should be made tepid before the blankets are put into it, so cold rain water can be added to the hot water.

The next morning rinse the blankets up and down in the water by holding the ends and going all around the four sides; then have the wringer set very loosely and wring the blankets into another tub containing clean cold rain water. Rinse the blankets in this the same as in the first water; then wring into another tub of cold water; wring again into a third tub; from this water take the blankets—do not wring them; hang them on the lines dripping wet in the hot sun, changing them twice; that is turning them upside down twice. The blankets will be beautifully soft and clean after they are dry. Select a windy day if for drying blankets.

To Wash an Automobile Veil.

Buy the best quality of chiffon cloth, when soiled wash it in pure white soap and warm water, rinse in several warm waters, dry out as much moisture as possible, then iron between thick cloths.

Furniture Polish.

One ounce of white wax, one ounce of beeswax, one-half ounce of Castile soap, one-half ounce of soda, one-half ounce of camphor, one pint of turpentine, one pint of boiling water.

Cut the wax and soap into small pieces and dissolve with the soda and camphor in the turpentine. Then add the boiling water and shake well together, until it looks white, and about the consistency of thick cream; bottle. When required, apply a little on a flannel cloth evenly and rub it off with a clean soft cloth. This preparation can be used on any kind of wood work, or on leather goods.

To Restore the "Pile" on Velvet.

To restore the "pile" on velvet hold the velvet over boiling water the wrong side next to the steam, brush the velvet lightly as the steam goes through the fiber.

Paper Bags.

The large paper bags which are made for holding banana bunches are very nice for holding blankets and other woolens, which require to be put away from moths in summer.

To Chop Parsley.

The easiest way is to wash the parsley, bunch between finger and thumb and cut it closely with the scissors, or use a vegetable knife and chop it.

For Chapped Hands.

One-half ounce of gum benzoin, three and one-half ounces of rose water, one-fourth ounce of glycerine. Mix together and bottle. Or equal parts of glycerine, rose water and spirits of camphor. Rub a little on the hands after washing and before drying them.

To Clean Rusty Metals.

Clean with kerosene, which is better than oxalic acid for brass or copper ware. Kerosene is harmless, while oxalic acid is poisonous.

Paste.

In making a paste either with flour or starch add a little oil of cloves or of winter green, and the paste will not sour or mold.

A Spice Plaster for Severe Pain.

One teaspoonful of ground cloves, one teaspoonful of ground cinnamon, one teaspoonful of ground ginger, one teaspoonful of mustard, one teaspoonful of ground allspice, one teaspoonful of wheat flour. Mix well together, pour over the mixture enough boiling water to moisten; stir until smooth and spread on cheese cloth, and apply as hot and as quickly as possible.

To Remove a Scorch Mark from Linen.

Slice a large onion, pound it well, then add to the juice one ounce of white soap and one ounce Fuller's earth and one pint of vinegar. Boil these together, and spread the mixture on the scorched linen and leave it on until dry, when the article must be well washed in soap suds.

Javelle Water.

One pound of sal soda, one quart of water, boil together until the soda is all dissolved. While this is being done, put one-quarter of a pound of chloride of lime into one quart of water, let it settle, pour off all the clear liquid and add it to the liquid soda; bottle and keep for removing stains from linen.

To use the javelle water, dip the stained places into boiling water, then into javelle water, then into boiling water, use with care and keep the bottle well marked.

Turpentine.

After a housekeeper fully realizes the worth of turpentine in a household, she is never willing to be without a supply of it. It gives quick relief

to burns; is an excellent application for corns; and is good for rheumatism and sore throats.

Turpentine is a sure preventive against moths; by dropping a trifle in the drawers, trunks and cupboards, it will render the garments secure from injury during the summer.

It will also keep ants from the closets and storerooms if a few drops are put in the corners and upon the shelves, while it is sure destruction to bed bugs, and will effectually drive them away from their haunts if thoroughly applied to all the joints of the bedstead. It injures neither clothing nor furniture.

One tablespoonful added to a bucket of warm water is excellent for cleaning paint.

Turpentine is used in laundry work in conjunction with ammonia to remove paint stains from colored clothes. The two liquids are mixed, and the stain dipped in and rubbed until it disappears. It is also used in cold water starch to make the iron pass along the fabric smoothly. Proportions, four drops to one tablespoonful of starch.

Spirits of turpentine will restore the brilliancy to patent leather. Boots and bags look almost new under its influence.

Applied to a burn where the skin is not broken, it gives quick relief.

It sends down the skin of a blister and prevents soreness.

Workmen's white overalls and artists' working aprons should be steeped in turpentine for twenty-four hours before washing to loosen and remove paint.

A little added to the steeping water (a tablespoonful to a gallon) will make linen beautifully white.

A flannel dipped in hot water and sprinkled with turpentine will relieve hoarseness. This application is also often ordered for the relief of lumbago and rheumatism. It generally relieves neuralgia in the face.

A few drops in boxes and cupboards will prevent moths.

Soak rags in it, and then place near the holes of mice. Renew the oil from time to time. It effectually drives them away.

For a paint mark on cloth that will not wash, put turpentine on with a small brush. Begin on the outside of the stain and work to the middle, in order to prevent it spreading.

Turpentine mixed with beeswax makes a well known polish for floors. A cloth wrung out of turpentine brightens up an oil cloth.

Two parts of sweet oil and one of turpentine make a reliable furniture polish. It instantly removes finger marks.

But do not forget that turpentine is highly inflammable and that it should never be exposed to a flame of gas or fire.

To Clean Piano Keys.

Rub the soiled keys with a soft rag dipped in alcohol.

To Remove Iron Rust.

Kerosene oil and whiting mixed will remove iron rust. This combination will also clean tins perfectly, and will remove stains from porcelain baking dishes.

To Remove Paint Spots.

Ammonia and spirits of turpentine, mixed in equal parts, will take paint spots out of cloth, no matter how hard and dry they may be. Saturate the spots, two or three times, then wash out in warm soap-suds.

To Polish a Piano.

If your piano has a milky or cloudy look on its surface, the manufacturers say it should be washed with soap and water. Use a good white soap with woolen or soft cotton rag. Be careful to wash only a little part at a time and wipe dry at once. Afterward use either a soft rag with a little linseed oil on or a little kerosene, then use a chamois.

If there are any deep scratches use mixture of rotten stone and oil on them, for if the soap and water touch the wood below the polish, dark lines may be the result.

Cheese cloth is an excellent fabric for polishing. It does not scratch or grow linty.

Cleaners.

There are many "cleaners" on the market for the polishing of brass, some of them very good. The old cleaner used by our grandmothers of rotten stone and oil, is still as good as any. The rotten stone and oil are rubbed into paste and applied with a soft cloth and the article polished with a chamois or soft cloth.

Copper can be cleaned with kerosene. It keeps the copper bright. A little kerosene can be added to most of the pastes sold, to advantage.

Nickel-plated articles only need hot soap suds to keep them bright. Rinse after the suds with hot water.

After washing the lamp chimney polish it with dry salt. It makes the glass bright and will prevent its breaking.

Chairs.

A high stool or chair is a great convenience in the kitchen for it enables the housekeeper to sit down while ironing or shaping biscuits or any similar work which must be done at a table. A low chair is almost an equal comfort, for then one can sit near the oven and open the door easily to watch bread or cake and yet meantime pare vegetables, or do some light preparation for the next process.

Meringues.

In making a meringue, after beating the whites of the eggs until they are very stiff, add the sugar to the whites, beating it into the whites with a

silver spoon, a little at a time; add the flavoring at the last; the white of one egg requires one tablespoonful of sugar. A meringue should be baked in a slow oven.

Onion Juice.

When onion juice is required, pare the onion and cut it in four pieces if a large onion, and squeeze the pieces in a wooden lemon squeezer; keep the squeezer for this use only. Or the onion can be pressed against a coarse grater and the juice extracted.

Cleaning Fluid for Black Goods.

Dissolve one-half an ounce of castile soap in four ounces of hot water, when dissolved, add three-fourths ounce of ammonia, one drachm sulphur ether, one ounce alcohol, one pint of hot water. One ounce is two tablespoonfuls, bottle and shake well before using. This is a very good cleaning fluid for all black goods.

Perfume for Bath.

Take one grain of musk, place it in the bottom of a bottle or jar, holding one gallon. On top of the musk, pour one pint of spirits of cologne, and one-half ounce of oil of rose geranium, let all these stand for a month, then add one pint of the best alcohol, when used put one tablespoonful in the bath, more if desired. This perfume grows better as it is kept.

Perfumed Bags for the Bath.

Mix together five pounds of oatmeal, one-half pound of pure Castile soap powdered fine, one pound of powdered orris root. Make small cheese cloth bags and fill with the mixture; fill the bags loosely and sew up on one end; put in the bath and use in place of sponge.

For Cleaning Carpets.

Mix one bar of good soap, or electric soap; shave fine into one gallon of cold water, add four ounces of pulverized sal-soda, eight ounces of fine borax. Boil fifteen minutes. Put this into three gallons of cold water and one-half pint of alcohol. Rub on carpet with scrubbing brush, and wipe off carefully with a clean cloth.

Cleaning Mixture for Rugs, Etc.

Two-thirds bar of ordinary kitchen soap, two quarts of water in which dissolve the soap, one tablespoonful each of borax, alum and washing soda. Mix and let all cool, then add two tablespoonfuls of ammonia and one tablespoonful of Fuller's earth.

Cleanser for Woolens.

One-fourth pound of white castile soap, one-fourth pound of ammonia, one ounce of ether, one ounce of alcohol. Cut soap very fine and dissolve thoroughly in one quart of warm water, add four quarts of soft water, then the other ingredients. Bottle at once. Keep the bottle well corked.

Cold Cream.

Four ounces of oil of almonds, one and one-half ounces of white wax, one and one-half ounces of spermaceti, one and one-half ounces of rose water, one and one-half ounces of glycerine. Melt these together over a gentle heat; when blended, stir until the mixture is cold; place in small porcelain jars and cover.

Hiccoughs.

Saturate a lump of sugar with vinegar—this will often stop distressing hiccoughs.

Remedy for Mosquitoes.

Dr. Howard, U. S. Army.

One ounce oil of cedar, two ounces of oil of citronella, two ounces of spirits of camphor, mixed. A few drops sprinkled in a room will drive off the pests, or a rag wet with it will keep them from disturbing the sleeper, or put on a fan kept in the hand will keep them away when out of doors.

Hair Tonic.

Four ounces of witch hazel, four grains quinine, two ounces of alcohol, four grains resorcin, two drachms of cartharides.

If the hair is very dry, use Bay Rum instead of Alcohol, a few drops of perfume, if liked, can be added.

For Very Tired Feet.

Bathe the feet at night in warm salt water, rub them gently until they glow, then paint them with the following mixture, which you can make yourself, or, better, have some good chemist put it up for you:

One-half drachm of camphor, one scruple of menthol, 10 grains of iodine, four drachms of tincture of myrrh, four drachms of compound tincture of benzoin.

This should dry well on the feet. In the morning repeat the salt bath and the rubbing and dust into your stockings the following powder:

Two drachms of boracic acid, one scruple of salicylic acid, one drachm of alum, two drachms of subnitrate of bismuth, one ounce of powdered talcum. I was assured that this treatment would soon cure the soreness.

To Remove Ink.

Melted mutton suet will remove ink spots, plunge the ink spots into the hot suet and after, wash in the usual way.

Antidotes for Poisoning.

First, send for a physician. Second, try to induce vomiting by tickling the throat with a feather or finger, drink warm water, or strong mustard and water, swallow sweet oil or whites of eggs.

Remember that acids are antidotes for alkalies and vice-versa.

For Acids—Muriatic, oxalic, acetic, sulphuric (oil of vitriol), nitre (Aqua Fortis), use soap suds, magnesia, lime water.

For Prussic Acid—Use ammonia in water, dash water on the face.

For Carbolic Acid—Flour and water; any mucilaginous drinks.

For Alkalies, Potash, Lye, Hartshorn, Ammonia—Use vinegar and water or lemon juice in water.

For Arsenic, Rat Poison or Paris Green—Use milk, raw eggs, sweet oil, limewater, flour and water.

For Bug Poison, Lead, Saltpeter, Corrosive Sublimate, Sugar of Lead, Blue Vitriol—Use whites of eggs or milk in large doses.

For Chloroform, Copperas or Cobalt—Use a dash of cold water on head and chest, artificial respiration, piece of ice in rectum.

For Iodine, Antimony, Tartar Emetic Poisoning—Use astringent infusions, strong tea.

For Mercury Poisoning—Use whites of eggs, milk, mucilages.

For Nitrate of Silver, Lunar Caustice Poisoning—Use salt and water.

For Opium, Morphine, Laudanum, Paregoric—Use Soothing syrup.

For Strychnine, Tincture of Nux Vomica Poisoning—Use mustard and water, sulphate of zinc, absolute quiet, plug the ears.

The best remedy is to avoid the danger of poisoning and keep every bottle or box containing poison well labeled. Do not fail to wash off any old label which may be on the bottle now containing poison, then place all poisons far out of reach of children and in a place high up and by themselves, or keep all poisons in dark blue bottles.

Uses of Salt.

There are many uses for salt, besides the seasoning of food.

A tiny pinch added to the whites of eggs before beating will make them froth quicker and stiffer.

In whipping cream, add a very tiny bit, it helps there also.

If your table salt is in lumps and damp add to twelve tablespoonfuls of salt, one tablespoonful of corn starch.

If the flatirons are inclined to stick and are rough have some salt on a little board and rub them on it.

Add a little salt to the starch when boiled.

When sweeping, some coarse salt scattered on the carpets or rugs keeps down the dust and prevents moths.

Throw salt on a fire to put it out.

Have the stained teacups, saucers or glasses soaked in strong salt water.

Rub a little salt on the discolored spoons after eggs have been used.

Salt and vinegar mixed will clean brass.

Soaking printed calicoes in salt water before washing will set colors.

Salt spread on freshly spilled ink or on soot from the chimney will remove the spots on the carpet.

To Restore Color.

Alum water will restore almost any faded colors, if put into the rinsing water after the goods are washed.

Sting of Bee, Etc.

For the sting of a bee or wasp, nothing is better to neutralize the poison than fine cut tobacco dampened and applied to the wound. A raw onion cut in two and laid on the puncture will also neutralize the poison in a short time; also a pinch of common salt, slightly dampened, will soon relieve the pain.

Dish Towels.

Dish cloths and dish towels must be kept clean, for greasy towels furnish a field for the growth of all germs. So for the sake of health, they must be well washed and boiled and thoroughly dried afterwards, if possible in the sun. Greasy soiled towels will not do good service in the cleaning of china and silver ware.

How to Measure.

A cupful means one-half pint. These cups can now be bought in tin, aluminum and thick toughened glass and come in sets of two, one being divided into three sections or thirds, the other into four sections or quarters, so that with the two, any fraction of a pint can be quickly measured.

When the phrase "take one teaspoonful" is used it means one rounded teaspoonful—as much rising above the edge of the spoon as there is depth, in all cases except salt, pepper, soda, and spices which are always measured level.

A heaping spoonful means all that the spoon will hold. One-half of a spoonful means dividing the contents of the spoon lengthwise and taking one-half.

One heaping tablespoonful of sugar or one rounded tablespoonful of butter will weigh one ounce, one cupful of either one-half pound. Eight rounded tablespoonfuls of dry material or sixteen tablespoonfuls any liquid will measure one cupful (half pint).

A pound of sugar is one pint, and an ounce of liquid is two tablespoonfuls, and a pint of liquid weighs 16 ounces.

A tablespoon holds one gill.

One pint of liquid equals one pound; two gills of liquid makes one cupful; four teaspoonfuls make one tablespoonful; two full tablespoonfuls of flour make one ounce; one-half pound of butter will make one cupful; four cupfuls of flour make one pound; two cupfuls of granulated sugar make one pound, two and one-half cupfuls powdered sugar make one pound.

One wine glass holds one-half a gill.

Use for measuring the cups which are exact, they can be bought in glass and in tin in any house-furnishing store.

In the Kitchen.

Have a shelf near the stove, under it hang the kitchen scissors, a can opener, corkscrew, one dredging box with flour, one dredging box with pepper, cloth holder for handling hot pans.

On the shelf have a box with lid for salt, *near the sink* have a pot chain for cleaning pans, a soap shaker for using the small bits of soap otherwise lost, two dish mops, large and small ones, dish for soap, one for sapolio, sink cleaner. Washing soda will be found useful about the sink and in washing out the towels, etc. It is a good plan to dissolve one pound of it in three quarts of boiling water, let the mixture stand on the back of the stove, stir frequently until the soda is all dissolved, then place in any large bottle, well and clearly labeled. When the sink is cleaned, use this preparation, only heat it, the grease will unite with it more readily and cleanse the pipes better. Soda is very cheap so do not economize in its use, only do not use it in the laundry.

If coal stove, or range, or gas stove be used, let it be kept bright and clean, this should be done for the sake of economy if not for the looks, for a well and carefully kept stove will last years longer than an ill-kept one will. The adaptation of aluminum to all the various kitchen utensils has great advantages—they are very light, easily handled and kept clean, they cost more at first, but with care will wear a long time, and will gradually replace all the heavy iron pots and pans used now.

China fireproof dishes are most useful; besides being too pleasant to use in the kitchen will, with ordinary care, last a long time.

Last year a Parisian publisher offered a prize for the best ten rules for acquiring and maintaining good mental and bodily health. There were over 500 competitors. Dr. Dacomet won the prize.

Rules for Health.

1. General Hygiene: Rise early, go to bed early, meanwhile keep yourself occupied.

2. Respiratory Hygiene: Water and bread sustain life; but pure air and sunlight are indispensable for health.

3. Gastro-Intestinal Hygiene: Frugality and sobriety are the best elixir for a long life.

4. Epidermal Hygiene: Cleanliness preserves from rust; the best machines last the longest.

5. Sleep Hygiene: A sufficiency of rest repairs and strengthens; too much rest weakens and makes soft.

6. Clothes Hygiene: He is well clothed who keeps his body sufficiently warm, safeguarding it from all abrupt changes of temperature, while at the same time maintaining perfect freedom of motion.

7. House Hygiene: A house that is clean and cheerful makes a happy home.

8. Moral Hygiene: The mind reposes and resumes its edge by means of relaxation and amusement, but excess opens the door to the passions, and these attract the vices.

9. Intellectual Hygiene: Gayety conduces to love of life, and love of life is the half of health. On the other hand, sadness and gloom help on old age.

10. Professional Hygiene: Is it your brain that feeds you? Don't allow your arms and legs to become anchylosed. Dig for a livelihood, but don't omit to burnish your intellect and elevate your thoughts.

Church Suppers.

"In arranging for church suppers and similar festivities without a caterer's help it is often a puzzling question to know how much to provide, especially as the organizers of such feats are often young women, upon whom the responsibility of provisioning has heretofore fallen lightly. The following figures are given by a woman who has served long and faithfully at such functions:

"For fifty guests she states that generous portions of chicken salad can be given if five medium sized chickens and twelve heads of celery are allowed; one hundred sandwiches, one and one-half pounds of coffee and three pints of cream, two gallons of ice cream, two molds of jelly and five loaves of cake will be needed. If escalloped oysters are on the menu, two gallons of oysters, two pounds of crackers and one pound of butter will be wanted for them. With sandwiches, five dozen biscuits and two and a half pounds of butter will be sufficient; eight pounds of boiled ham with two pounds of butter will be an ample allowance for a hundred minced ham sandwiches. Of course, all these proportions can be doubled."

INDEX

BEEF

	Page
Beef, Advice About	51
Beef, a la Mode	56
Beef, fried	297
Beef, Boiling of	51
Beef, Boil	52
Beef, Boulettes	53
Beef, Braised	53
Beef, Broiling	52
Beef, Cannetons	54
Beef, Chuck Steak	58
Beef, Corned	53
Beef, Corned Beef Hash	53
Beef, Corned Beef Hash and Cream	53
Beef, Corned Beef Hash and Eggs	54
Beef, Cold	55
Beef, Dripping to prepare	55
Beef, Dumplings	54
Beef, Fibrin of	57
Beef, Fillet of	55
Beef, Hamburg Steak	55
Beef, Hash on Toast	55
Beef, Hot Pot	55
Beef, Liver baked	57
Beef, Meat to Care for	56
Beef and Macaroni	58
Beef Marrow Bones	58
Beef Meat Cakes	57
Beef, Mock Duck	56
Beef, Mock Hare	56
Beef, Olives	58
Beef, Ox Heart	58
Beef Pie with Tomatoes	62
Beef Pot Roast	59
Beef, Ribs of, in Casserole	58
Beef Rolls	59
Beef, Rolled	60
Beef, Roast	61
Beef, Roasting of	59
Beef, Roasting of	62
Beef, Rump Steak	62
Beef, Rump Steak, stuffed	62
Beef Steak Pudding	59
Beef Shepherd Pie	62
Beef, Sirloin of	62
Beef Stew, 1	60
Beef Stew	61
Beef, Swedish Stew	62
Beef, Spanish Olla Porida	64
Beef Steak	59
Beef Steak, broiled	59
Beef Steak Pudding	59
Beef Steak Triffles	61
Beef Tongue, fresh	61
Beef Tongue smoked	61
Beef Turnovers	63

BEVERAGES

	Page
Chocolate	163
Chocolate, cold	164
Chahlis, cup	165
Claret, cup	165
Creme de Menthe	165
Cocoa	163
Coffee	163
Coffee, filtered	164
Dutch Liqueur	167
Egg Nog, "Very Best"	164
Egg Nog, Christmas	164
Egg Lemonade	164
Fruit Punch	164
Grape Juice Mead	165
Ginger Cordial	166
Hot Punch	166
Imperial Pineapple Punch	166
Lemon Brandy	168
Maraschino	168
Mint Julep, Virginia	168
Milk Punch	166
Orangeade	167
Philadelphia Fish House Punch	164
Russian Tea	167
Rum Punch	166
Sandy Guff	166
Siberian Punch	167
Tea, to make	167
Tea	167
Tea Punch, 1	167
Tea Punch, 2	167
Tea Punch, 3	167
Very Good Punch	166
West Point Punch	166

BREAD, BISCUITS, ETC.

	Page
Bread, Biscuits, Hot Cakes	206
Bread, Brown	206
Bread, Brown Boston	206
Bread, Coffee	212
Bread, Custard	212
Bread, Hunter's	214
Bread, Parker House Rolls	216
Bread, Puffs	207
Bread, Scones	217
Bread, Souffle	207
Bread, Scotch Roll	214
Bread, Sticks	207
Bread, Third	207
Bread, Whole Wheat	217
Biscuits, Baking Powder	207
Biscuits, Beaten Maryland	208
Biscuits, Beaten Virginia	209
Biscuits, Buttered	219
Biscuits, Milk	208
Biscuits, Milk Cream	208
Biscuits, Milk, Sour	208
Biscuits, Split	209
Biscuits, Sweet	209
Buns, English	211
Buns, Hot Cross, English	210
Corn Meal Bread	211
Corn Meal Cakes	212
Corn Meal Dodgers	212
Corn Meal Hoe Cakes, Virginia	215
Corn Meal Muffins	212
Corn Meal Muffins	215
Corn Meal and Potato Muffins	214
Wheat Flour Muffins	214
Wheat Flour Muffins, Quick	214
Wheat Flour Muffins, English	215
Wheat Flour Muffins, Yorkshire	214
Wheat Flour Buns, English	211
Wheat Flour Brioche	214
Wheat Flour Crescents, English	213
Wheat Flour Crumpets, English	213
Wheat Flour Friddle Cakes	215
Wheat Flour, Graham Popovers	216
Wheat Flour Lapland Cakes	215
Wheat Flour Pancakes, Adirondack	216
Wheat Flour Pancakes	216
Wheat Flour Popovers, Graham	217
Wheat Flour Popovers	216
Wheat Flour Rice Crumpets	217
Wheat Flour Sally Lunn, Virginia	217
Wheat Flour Scones	217
Wheat Flour Scones, Cream	211
Wheat Flour Tea Cakes	218
Wheat Flour Toast	218
Wheat Flour Toast, Buttered	219
Wheat Flour Toast, Cream	219
Wheat Flour Toast, Milk	219
Wheat Flour Crackers, etc.	219
Wheat Flour Toast, French	219
Wheat Flour Toast, Pilot Bread	219
Waffles with Rice	218
Waffles, Virginia, 1	218
Waffles, Virginia, 2	218
Yeast	218

BREADING, CRUMBS, ETC.

	Page
Breading and Rasping, 1	325
Breading, 2	326
Add Fruit to Cake, To	326
Bread Crumbs	326
Bread for Afternoon Tea	326
Crackers	326
Crumbs	326
Cracker Crumbs	326
Croutons for Soup	326
Fried Bread for Soups	326
Leftovers	324

BREAKFASTS

	Page
Breakfasts, "A Little Breakfast"	301
Breakfasts, Breakfast Custard	301
Breakfasts, Calcutta Toast	303
Breakfasts, Cold Meat Balls	301
Breakfasts, Croquettes	301
Breakfasts, Dried Beef with Eggs	301
Breakfasts, Egg Toast	302
Breakfasts, Frizzled Beef	302
Breakfasts, Ham on Toast	303
Breakfasts, Kidney Stew	302
Breakfasts, "My Devil," Canadian	302
Breakfasts, Pork Tenderloins	303
Breakfasts, Savory Molds	302
Breakfasts, Tomato Custard	304
Breakfasts, Tomato Pilau	303
Breakfast, Tomato Toast	303
Breakfasts, White Puddings, Virginia	303

CAKES

	Page
General Directions	220
Cakes, Angel	221
Cakes, Black, to Bake	221
Cakes, Black, Fruit, 1	221
Cakes, Black, Fruit, 2	221
Cakes, Black or Wedding	222
Cakes, Blueberry	222
Cakes, Brandy Snaps	225
Cakes, Bread	222
Cakes, Caramel, 1	223
Cakes, Caramel, 2	223
Cakes, Caramel Filling	223

CAKES—Continued

	Page
Cakes, Caramel Layer	223
Cakes, Chocolate	223
Cakes, Chocolate Eclairs	223
Cakes, Chocolate Cookies	225
Cakes, Chocolate Custard	225
Cakes, Clove	225
Cakes, Cocoanut	225
Cakes, Cocoanut Cookies	226
Cakes, Cookies	226
Cakes, Cookies, Cocoanut, 1	226
Cakes, Cookies, Cocoanut, 2	227
Cakes, Corn Starch	227
Cakes, Crullers	227
Cakes, Cream, Sour	228
Cakes, Cup	226
Cakes, Cup Little Cakes	226
Cakes, Delicate	228
Cakes, Devil	228
Cakes, Doughnuts, to Fry	228
Cakes, Doughnuts	228
Cakes, Doughnuts, French	228
Cakes, Election, Connecticut	224
Cakes, Fig	229
Cakes, Fried	229
Cakes, Frivoles	230
Cakes, Fruit, White	229
Cakes, Ginger Bread	229
Cakes, Ginger Snaps	229
Cakes, Gold	229
Cakes, Hermit's	230
Cakes, Hickory	230
Cakes, Jelly	230
Cakes, Jumbles	230
Cakes, Kiss Cookies	227
Cakes, Lady	231
Cakes, Lady Fingers	231
Cakes, Layer	231
Cakes, Little Cakes for 18	231
Cakes, Loaf	232
Cakes, Macaroons	232
Cakes, Madelaines	232
Cakes, Maple Sugar	232
Cakes, Maple Sugar Filling	232
Cakes, Nut	232
Cakes, Oatmeal	232
Cakes, Plain	222
Cakes, Plum Shropshire	223
Cakes, Plunkets	233
Cakes, Prince of Wales	235
Cakes, Queen	233
Cakes, Sand Tarts	235
Cakes, Silver	234
Cakes, Sponge, Very Old	235
Cakes, Sponge	234
Cakes, Sponge, Jelly Roll	231
Cakes, Sponge, Velvet	235
Cakes, Spanish Buns	234
Cakes, Sunshine	234
Cakes, White Mountain	234
Icing for Cakes	236
Icing, Almond	235
Icing, Boiled	230
Icing, Lemon	232
Icing, Royal	235
Icing, Soft	230

CATSUPS AND PICKLES

	Page
The Making of Both	188
Catsup, "A Fine"	188
Catsup, Cucumber	191
Catsup, East India	191
Catsup, Grape	189
Catsup, Lemon	191
Catsup, Pepper	194
Pickles, Cherry Sweet	191
Pickles, Chili	188
Pickles, Chutney Bengal	188
Pickles, Cucumber, small	188
Pickles, Cucumbers, Ripe Sweet	190
Pickles, Cantaloupe Sweet	194
Pickles, Celery, German	189
Pickles, Delicious	189
Pickles, Green Peppers	190
Pickles, Kitchen Pepper	190
Pickles, Mixed	191
Pickles, Mix Mustard	191
Pickles, Martynia	192
Pickles, Nasturtium Seeds	191
Pickles, Onions	191
Pickles, Peppers, Red	192
Pickles, Peach, Sweet	193
Pickles, Pear, Sweet	193
Pickles, Pineapple, Sweet	192
Pickles, Pineapple, Sweet	193
Pickles, Plums, Sweet	192
Pickles, Raspberry Vinegar	194
Pickles, Tomato Soy	193
Pickles, Watermelon, Sweet	194

CHAFING DISH

	Page
Cooking, Chafing Dish	296
Calf's Head Terrapin	297
Cheese Fondue	296
Chicken Creamed	296

CHAFING DISH—Continued

	Page
Eggs Golden Rod	296
Eggs Scrambled	296
Eggs with Tomatoes	296
Ham, creamed	298
Liver, fried	297
Lobster, creamed	297
Macaroni	297
Oysters with Celery	298
Oysters, creamed	298
Oysters, panned	298
Oysters with Sherry	298
Squabs, stewed	298
Salmi of Tongue	299
Tomatoes and Eggs	299

CHICKENS, POULTRY AND GAME

	Page
Poultry, to choose and prepare	90
Chicken a la King	93
Chicken a la Marengo	98
Chickens, "Baby"	91
Chickens, to baste	92
Chicken Bones for Soup	91
Chickens, breaded	92
Chickens, bread cups	92
Chickens, broiled	92
Chickens, boiled	91
Chickens, boudins of	91
Chickens, casserole, 1	92
Chickens, casserole, 2	93
Chickens, cooking in casserole	92
Chicken Croquettes, 1	93
Chicken Croquettes, 2, Washington	93
Chicken Curry	94
Chicken, Deviled	94
Chicken, Dumplings with	95
Chicken, Fried, Maryland	95
Chicken, Fried, Virginia, 1	95
Chicken, Fried, Virginia, 2	95
Chicken Fricassee	95
Chicken Hash	96
Chicken Hash with Eggs	96
Chicken Hash with Rice Farina Toast	96
Chicken, Hungarian	96
Chicken Jelly	96
Chicken, jellied	97
Chicken, jugged	97
Chicken Livers	97
Chicken Livers with Bacon	97
Chicken, Minced with Eggs	98
Chicken Mousse, cold	99
Chicken with Mushrooms	99
Chicken, panned	99
Chicken Patties	99
Chicken Pie, 1	100
Chicken Pie with Oysters	100
Chicken, Poached Eggs	100
Chicken Pot Pie	100
Chicken, roasted	101
Chicken Roast	101
Chicken Sandwiches	101
Chicken, smothered	102
Chicken Souffle, 1	102
Chicken Souffle, 2	102
Chicken, stewed	103
Chicken, Swedish	104
Chicken, stuffing	109
Chicken, Timbales of	103
Chicken Turnovers	103
Duck, Canvas Back	109
Ducks, Roast	104
Ducks, Ragout of, Leftovers	105
Ducks, Steamed	104
Duck, Stuffing for	113
Duck, Wild, broiled	109
Duck, Wild, roasted	110
Goose, Braised	105
Goose, Roast	105
Grouse	104
Guinea	106
Pigeons, roast	106
Pigeon Pie	106
Pigeons, stewed	106
Rendering Goose Fat	106
Rabbit, Stewed	107
Squirrel Brunswick Stew, Virginia	107
Squirrel, Stewed	107
Turkey, boiled	108
Turkey, broiled	108
Turkey, Broiled Breast of	108
Turkey, creamed	108
Turkey, minced	109
Turkey, roast	108
Turkey, roast	101
Turkey, stewed	109
Turkey, stuffing, 1	109
Turkey, stuffing	113
Turkey, stuffing for roast, 2	109
Game	109
Game Mold	112
Grouse, broiled	110
Grouse, roasted	110
Grouse Souffle	110
Partridge, roasted	110
Partridge Souffle	110
Pheasant, boiled	111
Pheasant, roasted	111
Quail, Broiled	111
Snipe	111
Turkey, Filling for	111
Turkey, roasted	111
Venison, roasted	111
Venison Steak, 1	111
Venison Steak, 2	112
Venison Steak	112
Venison, Cold Minced	112
Sage and Onion Stuffing	112
Flour Fried for Thickening	113

CHEESE

	Page
Cheese as Food	327
Cheese, to Keep from Moulding	327
Cheese, Aigrettes of Parmesan	327
Cheese Balls	327
Cheese, Cheeselets	327
Cheese, Crackers and Anchovy Paste	333
Cheese, Crackers	333
Cheese, Cottage	328
Cheese, Cottage Salad	333
Cheese, Cream, 1	328
Cheese, Cream, 2	328
Cheese, Cream and Crackers	333
Cheese, Curds	331
Cheese, Fritters	329
Cheese, Fontainbleau	328
Cheese, Fondue, 1	329
Cheese, Fondue, 2	329
Cheese, Kluskis, of Cream	330
Cheese, Melted	329
Cheese, Monkey, English	330
Cheese Molds	331
Cheese Muffs	330
Cheese, Parmesan Croquettes	330
Cheese Pastry Fingers	331
Cheese, Pudding	330
Cheese Puffs	330
Cheese, Pounded	331
Cheese Ramekins	331
Cheese, Rarebit, baked	333
Cheese, Rarebit, Welsh	333
Cheese, Rarebit, Welsh	333
Cheese Salad	333
Cheese Sandwiches	332
Cheese, Sardines and Anchovy	333
Cheese Souffle, 1	332
Cheese Souffle, 2	332
Cheese, Stewed	331
Cheese, Toast	332

COCKTAILS

	Page
Cocktails, Brandy	169
Cocktails, Bronx	169
Cocktails, Clover	169
Cocktails, Martini	169

CEREALS

	Page
Cereals	241
Cereals, to Cook	241
Cereals, Corn Meal, to Cook	248
Cereals, Corn Meal	247
Cereals, Farina Croquettes	248
Cereals, Macaroni, Italian, 1	245
Cereals, Macaroni, Italian, 2	246
Cereals, Macaroni Queneltles	246
Cereals, Hominy	247
Cereals, Hominy, fine fried	247
Cereals, Hominy, fried	247
Cereals, Hominy Croquettes	247
Cereals, Macaroni a la Brignoli	245
Cereals, Macaroni, Tomato Sauce	246
Cereals, Wheat, Cracked	241

EGGS

	Page
Eggs, What They Contain	114
Eggs with Asparagus	114
Eggs, Balls of	114
Eggs, Baked, 1	114
Eggs, Baked, 2	114
Eggs, Baked, 3	114
Eggs with Black Butter	115
Eggs with Cheese	115
Eggs with Cream, 1	115
Eggs with Cream, 2	115
Eggs with Crumbs and Cheese	116
Egg Croquettes	116
Egg Cutlets	116
Egg Cutlets	118
Eggs, Devilled	116
Eggs, fried, 1	117
Eggs, fried, 2	117
Eggs in Nest	117
Eggs, Newburg	117
Eggs in Small Dishes	118
Eggs on Plate	117
Eggs, Poached	118
Eggs, Poached in Milk	115
Eggs, Poached with Anchovy Sauce	118
Eggs, Poached with Tomatoes	119
Eggs in Tomatoes	119
Eggs in Purgatory	119
Egg Omelette	119
Egg Omelette with Chives	119
Egg Omelette with Parsley	119
Eggs, Omelette, Orange	120
Eggs, Omelette, Spanish	120
Eggs, Omelette, Souffle	120
Eggs with Sausage	120
Eggs Stuffed	120
Eggs with Tripe	121

FISH

	Page
Directions	24
Fish, baked	24
Fish, with Bacon	25
Fish, with Cucumbers	25
Fish, Boiling	26
Fish, Boiling in Court Bouillon	26
Fish, Chops	29
Fish, Chowder 1	26
Fish, Chowder 2	27
Fish, Chowder 3, Maryland	27
Fish, Creamed	29
Fish, Cutlets	30
Fish, Clams, raw	27
Fish, Clams, baked	49
Fish, Clam broth	49
Fish, Clams quohogs cakes	28
Fish, Clams quohogs or little neck	49
Fish, Clams steamed	49
Fish, Clams stuffed	49
Fish, Crabs cream of	28
Fish, Crabs devilled	28
Fish, Soft Shelled	29
Fish, Soft Shelled, broiled	30
Fish, Soft Shelled, fried	30
Fish, Codfish balls	40
Fish, Codfish cakes	40
Fish, Codfish creamed	41
Fish, Codfish Souffle	41
Fish, Codfish on Toast, Cuban	41
Fish, Cod, baked	26
Fish, Cod, baked cream sauce	29
Fish, Cod, creamed	27
Fish, to freshen Codfish	40
Fish, Eels	30
Fish, Finnan Haddie	41
Fish, Frogs legs, fried	30
Fish, Frogs legs, fried	50
Fish, Frogs legs, stewed	31
Fish, Hash	31
Fish, Halibut Hot	31
Fish, Halibut Steaks	31
Fish, Halibut Turbans	31
Fish, Herrings on Toast	41
Fish, Herrings pickled	41
Fish, Kedjeree	30
Fish, Lobster, to boil, to kill	32
Fish, Lobster Bake	32
Fish, Lobster Broil	32
Fish, Lobster Bisque	32
Fish, Lobster, creamed	32
Fish, Lobster, Creole	33
Fish, Lobster Cutlets	33
Fish, Lobster, Devilled	33
Fish, Lobster, Newburg	33
Fish, Mackerel, broiled	34
Fish, Mackerel broiled	41
Fish, Mackerel to boil	41
Fish, Mold of	34
Fish, Maitre d'hotel	43
Fish, Perch, fried Cuban	34
Fish, Pudding	35
Fish, Pudding with Rice	35
Fish, Porgy, fried Cuban	34
Fish, Salt	40
Fish, Salt to freshen	41
Fish, Salt to freshen	42
Fish, Salt Croutes of Haddock	42
Fish, Salmon to boil	36
Fish, Salmon, broiled	37
Fish, Salmon, creamed	38
Fish, Salmon Coquilles	37
Fish, Salmon, devilled	37
Fish, Salmon, Souffle	37
Fish, Salmon, Kippered	43
Fish, Salmon, Souced	43
Fish, Salmon, Smoked	43
Fish, Sardines with eggs	43
Fish, Sardines, Maitre d'hotel	43
Fish, Sardines Devilled	43
Fish, Scallops, fried	38
Fish, Scallops, fried	50
Fish, Scallops, devilled	50
Fish, Scallops, a la Poulette	38
Fish, Scalloped	38
Fish, Shad, broiled	35
Fish, Shad, broiled maitre d'hotel	36
Fish, Shad Roes	36
Fish, Shad Roe Croquettes	36
Fish, Smelts, fried Cuban	34
Fish, Smelts, fried	38
Fish, Terrapin, Washington	38
Fish, Timbales of	39
Fish, Trout Brook to fry	39
Fish, Trout, creamed	38
Fish, White, baked	39
Fish, White, broiled	39
Fish, White, planked	39
Fish, White, with oysters	40

FOODS FOR INVALIDS

	Page
Advice	305
Barley Water	315
Beef Broth, 1	306
Beef Broth, 2	306
Beef Essence	305
Beef Juice	305
Beef, Raw Sandwich	306
Beef Steak, Hamburg	306
Beef Steak for Invalid	306
Bread, Jelly, 1	306
Bread, Jelly, 2	306
Broths, Chicken	308
Broths, Clam	306
Broths, Custard	317
Broths, Egg	308
Broths, Mutton	309
Broths, Mutton, Quick	309
Broths, Veal	306
Broths, Caudle	317

FOODS FOR INVALIDS—Continued

	Page
Broths, Chicken Cream	317
Broths, Chicken Jelly	318
Broths, Chicken Milk	313
Broths, Chicken Souffle	318
Broth, Crackers and Cream	317
Broth, Crackers with Marmalade	317
Broths, Crackers Soaked	317
Broths, Crust Coffee	315
Broths, Custard	317
Custard for Invalids	317
Custard Savory	317
Currant Jelly Water	308
Eggs	307
Eggs, Junket	307
Egg Lemonade	317
Eggs, Milk of	307
Egg Nog, 1	307
Egg Nog, 2	307
Egg Nog, 3	308
Eggs and Orange Juice	312
Eggs and Port Wine	307
Eggs Poached	307
Eggs Poached in Broth	308
Eggs Poached in Milk	308
Eggs Poached in Water	307
Egg Pudding	310
Egg Tea, 1	310
Egg Tea, 2	310
Gruel, Barley	310
Gruel, Corn Meal	311
Gruel, Egg, 1	310
Gruel, Egg, 2	310
Gruel, Farina	311
Gruel, Flour	311
Gruel, Graham Flour	311
Gruel, Oatmeal, 1	311
Gruel, Oatmeal, 2	311
Gruel, Sago	313
Gum Arabic Water	313
Iceland Moss	316
Jelly, Citronized Milk	313
Jelly Restorative	309
Jelly, Port Wine	309
Jelly Strengthening	309
Jelly, Tapioca	310
Koumiss	316
Laban	314
Lamb Chops	318
Lemonade and Flaxseed	315
Lime Water	315
Marrowbone Toast	316
Milk Preparations	313
Milk, Value of	319
Milk, Albumenied	315
Milk, Clabbered	313
Milk, Chicken	313
Milk Chocolate	313
Milk, Digested	314
Milk and Eggs	307
Milk, Hot	314
Milk Jelly	318
Milk Junket	314
Milk Shake	315
Milk Soup	314
Milk, Thick	315
Milk with White of Egg	315
Panada, 1	312
Panada, 2	312
Pea	312
Porridge	312
Soup, Pea	312
Soup, Tapioca	312
Soup, Tapioca with Cream	312
Toast, Dry	316
Toast, Cream of, 1	316
Toast, Cream of, 2	316
Toast on Marrow Bones	316
Toast, Oysters	316
Toast, Water	316

FRYING

	Page
Advice About	322
Beef Suet Drippings	322
Clarify Fats	322
Fats for Frying	322
Frying Batters	322
Frying Mixture, Russian	323
Rendering Lard	323
Rendering Suet	323

ICE CREAM, ETC.

	Page
Advice About	276
Ice Cream, Almond	276
Ice Cream, Apricot	278
Ice Cream, Apricot, Muscovite	279
Ice Cream, Banana	278
Ice Cream, Cafe Parfait	278
Ice Cream, Caramel	279
Ice Cream, Chocolate	279
Ice Cream, Egg Nogg, frozen	278
Ice Cream, Hickory Nut	277
Ice Cream, Macaroon	279
Ice Cream, Maraschino	278
Ice Cream, Pineapple	278
Ice Cream, Pineapple in the Pineapple	279
Ice Cream, Peach	280
Ice Cream, Rice	280
Ice Cream, Rice with Orange Sauce	280
Ice Cream, Vanilla	280
Ice Cream, Vanilla, French	278

ICE CREAM, ETC.—Continued

	Page
Ice Cream, Vanilla with Hot Chocolate	281
Ice Cream, Walnut	277
Ice Cream, Wiesbaden	280
Ice Cream, White Grape	281
Ice, Apricot	281
Ices, Cherry	282
Ices, Currant	281
Ices, Strawberry	281
Mousse	282
Mousse, Apricot	282
Mousse, Maple	282
Mousse, Peach	282
Mousse, Strawberry	283
Lemon Sherbet	282
Roman Punch	283

LAMB

	Page
Lamb, if fresh	74
Lamb Breast, broiled	75
Lamb Chops, breaded	75
Lamb Chops, broiled	75
Lamb Chops, stewed	76
Lamb Cutlets	76
Lamb, Crown of	77
Lamb Kidneys	77
Lamb "Leftovers"	78
Lamb Pie	81
Lamb Roast	79
Lamb, Roasted	79

LEFTOVERS

	Page
Leftovers of Fish	324
Leftovers of Salmon, etc	324
Potted Ham, etc.	325
Potted Meats, etc.	324

MUTTON

	Page
Advice about	74
Mutton for boiling	74
Mutton Breast, boiled	74
Mutton Brains	75
Mutton, Braised	75
Mutton Chops, broiled, 1	77
Mutton Chops, broiled, 2	77
Mutton Chops, forequarter	76
Mutton Chops, stewed	76
Mutton, cold	75
Mutton, Irish Stew of	77
Mutton Kidneys	77
Mutton Leg, boiled	78
Mutton Leg, stewed	80
Mutton, Leftovers of	78
Mutton Minced, on Toast	78
Mutton, Neck of, boiled	78
Mutton Pie	79
Mutton Roast, 1	80
Mutton Roast, 2	80
Mutton, roasted	79
Mutton, Saddle of	81
Mutton, Slices from Leg	76

OYSTERS

	Page
Oysters	44
Oyster, a la Chamberlain	45
Oysters, Angels on horseback	44
Oysters, baked with Sherry	44
Oysters, blankets	44
Oysters, broiled	44
Oysters, browned on toast	44
Oysters, creamed	45
Oysters, Cutlets 1	45
Oysters, Cutlets 2	45
Oysters, Celery with	45
Oysters, Cocktail	46
Oysters, Crackers on toast	46
Oysters, Croquettes	46
Oysters, Curry	46
Oysters, fried	47
Oysters, fried in tomato sauce	47
Oysters, fried, fricasseed	47
Oysters, filling for patties	48
Oysters, Gumbo	47
Oysters, Peace Makers, New Orleans	44
Oysters, a la Poulette	48
Oysters, Pourette	48
Oysters, Salad	48
Oysters, Scalloped	49
Oysters on Toast	48

PASTRY, ETC.

	Page
Pastry, Advice About	249
Pastry, Beef Dripping	249
Pastry, Puff	250
Pastry, Beef Suet	250
Pastry, Puff, Rough	250
Pastry, Pie Crust	250
Pastry, Pie Crust for One Pie	250
Pastry, Vol-au-Vent	250
Pastry, Vol-au-Vent or Patty Cases	250
Pies, Apple, 1	251
Pies, Apple, with Apple Sauce, 2	251
Pies, Apple in Deep Dish	251
Pies, Apple, Baked for Wild Ducks	269
Pies, Cherry	251
Pies, Cherry Roly Poly	252
Pies, Chestnut, to Prepare	265
Pies, Cottage Cheese	261
Pies, Cocoanut	251
Pies, Cream	252
Pies, Custard	251
Pies, Lemon	252
Pies, Lemon Cheese	252
Pies, Horns	253
Pies, Mince Meat, 1	253
Pies, Mince Meat, 2	253
Pies, Mince Meat	253
Pies, Orange	254
Pies, Orange Shortcake	254
Pies, Patties	254
Pies, Patties, Sweet	254
Pies, Peach	254
Pies, Peach Shortcake	255
Pies, Potato	255
Pies, Potato, Sweet	254
Pies, Pumpkin	254
Pies, Sour Cream	254
Pies, Squash	255
Pies, Strawberry Shortcake, 1	255
Pies, Strawberry Shortcake, 2	256
Pies, Vol-au-Vent	256
Pies, Vol-au-Vent or Patty Cases	256
Pies, Washington	255

PORK

	Page
Pork	82
Pork, Bacon, Breakfast	82
Pork, Bacon, Breakfast, to cut	82
Pork, Bacon, fried	82
Pork Cutlets with Chestnuts	82
Pork Cutlets with Cream Gravy	82
Pork Feet, broiled	84
Pork Feet, fried	84
Pork Head	86
Pork, Ham, baked	85
Pork, Ham, barbecued	86
Pork, Ham, boiled	84
Pork, Ham fried with Eggs	84
Pork, Ham Mousse	85
Pork, Ham Savory	85
Pork, Ham, Steamed	86
Pork, Ham, Toast with Curry	86
Pork, Ham, Leg of Roasted	86
Pork, Ham, Leg of Stewed	86
Pork, Meat Cakes	87
Pork Sausage, to prepare	87
Pork Sausage, boiled	87
Pork Sausage, broiled	87
Pork Sausage, fried	87
Pork Sausage Rolls, 1	88
Pork Sausage Rolls, 2	88
Pork, Spare Ribs, stuffed	87
Scrapple	87
Pork, Suckling Pig Roasted	88
Pork, Salt for Larding	88
Pork Tenderloins	303

PRESERVES, JAMS, ETC.

	Page
Advice About and Rules	284
Jams, Apple with Pineapple	285
Jams, Blackberry	285
Jams, Crab Apple	285
Jams, Damson Plum	285
Jams, Fruits	286
Jams, Morella Cherries and Raspberries	286
Jams, Peach	285
Jams, Peach and Pineapple	285
Jams, Pear and Pineapple	286
Jams, Quince and Lemon	286
Jams, Raspberry	286
Jams, Strawberry	286
Jellies, Apple	287
Jellies, Black Currant, for Game	287
Jellies, Crab Apple	287
Jellies, Cranberry	289
Jellies, Grape	288
Jellies, Grape Juice	286
Jellies, Lemon	288
Jellies, Mint	289
Jellies, Peach	288
Jellies, Prune	288
Jellies, Raspberry	288
Jellies, Wine, 1	288
Jellies, Wine, 2	289
Jellies, Wine, Whipped	289
To can Fruits	290
Jellies, Advice About	290
Jellies, Apple	290
Jellies, Peaches	290
Jellies, Pear	290
Preserves, Rules for	284

PRESERVES, JAMS, ETC.—Continued

	Page
Preserves, East India	291
Preserves, Peaches	291
Preserves, Pears	291
Preserves, Quinces in Slices	291
Preserves, Strawberries	292
Preserves, Strawberries in the Sun	292
Preserves, Tutti Frutti	291
Preserves, Tomato	292
Preserves, Vegetable Marrow	292
Preserves, Watermelon	292
Syrups	293
Orange Syrups	293
Vanilla Syrups	293
Brandied Fruits	293
Brandied Fruits, Cherries, 1	293
Brandied Fruits, Cherries, 2	294
Brandied Fruits, Peaches	294
Brandied Fruits, Plums	293
Marmalades	294
Marmalades, Apple	291
Marmalades, Grape Fruit	291
Marmalades, Peach	295
Marmalades, Pineapple	295
Marmalades, Pears	295
Marmalades, Plum	295
Marmalades, Plum and Crab Apple	294
Marmalades, Quince	295
Marmalades, Prunes in Blankets	295

PUDDINGS

	Page
Puddings, Alberry	257
Puddings, Ambrosia	257
Puddings, Apple, baked	258
Puddings, Apple, baked with Honey	258
Puddings, Apple, baked with Sauce	258
Puddings, Apple Dumplings	257
Puddings, Apple Float	257
Puddings, Apples, fried	258
Puddings, Apple Fritters	257
Puddings, Apple Marmalade	258
Puddings, Apple, Scalloped	257
Puddings, Apple Short Cake	258
Puddings, Apples Scalloped	257
Puddings, Apples and Tapioca	258
Puddings, Dried Fruits	258
Puddings, Apples, Parisian	259
Puddings, Apple Slump	259
Puddings, Apricot Snow Balls	259
Puddings, Batter Pudding	260
Puddings, Bavarian Cream	259
Puddings, Bread Pudding, 1	260
Puddings, Bread Pudding, 2	260
Puddings, Bread and Butter	260
Puddings, Bread Pudding, Little	261
Puddings, Bread Tarts	260
Puddings, Brown Betty	261
Puddings, Brown Bread	261
Puddings, Carrot	261
Puddings, Caramel	261
Puddings, Caramel, for Coloring or Flavor	263
Puddings, Charlotte Russe, 1	262
Puddings, Charlotte Russe, 2	262
Puddings, Chocolate	263
Puddings, Cocoanut Cream	263
Puddings, Corn Starch	264
Puddings, Cocoanut Cream	263
Puddings, Cream	262
Puddings, Cream, Whipped	262
Puddings, Corn Starch	264
Puddings, Custard, baked	262
Puddings, Custard, boiled	263
Puddings, Custard, fried	264
Puddings, Custard Souffle	263
Puddings, Damson Dumplings	264
Puddings, Dates Stuffed	264
Puddings, Diplomatic	265
Puddings, Figs in Cream	265
Puddings, Figs and Nuts	265
Puddings, Figs, Plain Pudding	265
Puddings, Friar's Omelette	265
Puddings, German Fritters	266
Puddings, Hazel Nuts, Creamed	266
Puddings, Hollandaise Fritters	265
Puddings, Lemon	266
Puddings, Lemon Souffle	266
Puddings, Marmalade	267
Puddings, Merangue	271
Puddings, Mountain	267
Puddings, Nesselrode	271
Puddings, Pancakes, fried	267
Puddings, Pain Brulee	268
Puddings, Peaches in Mold	268
Puddings, Pears a la Conde	272
Puddings, Pineapple, Bavarian	268
Puddings, Pineapple, fried	269
Puddings, Plum Charlotte	269
Puddings, Plum	267
Puddings, Prunes, fried	269
Puddings, Prunes, stewed	269
Puddings, Potato	269
Puddings, Queen of Puddings	269
Puddings, Rice, 1	270
Puddings, Rice, 2	270
Puddings, Rice, German	270
Puddings, Rhubarb	271
Puddings, Rhubarb, baked	272
Puddings, Rhubarb, with Raisins or Prunes	272
Puddings, Roly-Poly	272
Puddings, Savarin, with Rum	273
Puddings, Souffles	273
Puddings, Souffle, 1	273
Puddings, Souffle, 2	273
Puddings, Spanish Cream	274
Puddings, Spanish Puffs	274
Puddings, Sponge Batter	274
Puddings, Strawberry	272

PUDDINGS—Continued

	Page		Page
Puddings, Strawberries with Rum	273	Puddings, Toothsome or Farina	275
Puddings, Suet	274	Puddings, Transparent	275
Puddings, Suet and Fruit	275	Puddings, Yorkshire	275
Puddings, Swedish	275		

RICE

	Page		Page
Rice, to Cook	242	Rice, Milanese	244
Rice, to Boil	242	Rice, Sweet Portugese	244
Rice with Butter	244	Rice, Savory	244
Rice, Casserole	243	Rice, Socles	244
Rice, Cheese, with	243	Rice, Timbale	244
Rice Croquettes	243	Rice, Tomatoes	245
Rice Croquettes with Jam	243	Rice with Wine	245
Rice Croquettes with Meat	243	Rice, Spaghetti, Austrian	246
Rice, Spaghetti with Cheese	247		

SALTED NUTS AND CANDY

	Page		Page
Almonds	320	Maple Fudge	320
Hickory Nuts	320	Pecan Pralines	321
Pecan Nuts	320	White Fudge	321
Caramel	320		

SANDWICHES

	Page		Page
How to Prepare	237	Sandwiches, Lettuce	240
Sandwiches, Broiled	237	Sandwiches, Liverwurst	240
Sandwiches, Caviare	238	Sandwiches, Mayonnaise, with Olives	239
Sandwiches, Celery	238	Sandwiches, Olives	239
Sandwiches, Cheese	237	Sandwiches, Plain Ham	234
Sandwiches, Cheese, Cream	238	Sandwiches, Raisin	239
Sandwiches, Cheese, Potted	237	Sandwiches, Roast Beef	239
Sandwiches, Cherry	238	Sandwiches, Sausage	240
Sandwiches, Chicken	238	Sandwiches, Spanish	240
Sandwiches, Devilled Ham	239	Sandwiches, Tomatoes	240
Sandwiches, Fish	238		
Sandwiches, Hot Cheese	238		

SALADS

	Page		Page
Advice	195	Salad, Grape Fruit	198
Salad, Apple and Celery	196	Salad, Harlequin	199
Salad, Artichokes, Jerusalem	196	Salad, Jardiniere	199
Salad, Asparagus	195	Salad, Lettuce	199
Salad, Beans, Green	196	Salad, Lettuce with Cream Cheese	199
Salad, Calf's Brains	196	Salad, Lettuce and Nuts	200
Salad, Carrot and Green Peas	196	Salad, Lobster	200
Salad, Cauliflower	197	Salad, Mayonnaise Dressing	200
Salad, Celeric	197	Salad, Mayonnaise Dressing, Soyers	201
Salad, Cheese	196	Salad, Orange	200
Salad, Chicory	196	Salad, Oyster	200
Salad, Cream Dressing	197	Salad, Pretty	199
Salad, Cream Dressing, Sour	197	Salad, Potato, 1	201
Salad, Cucumber	197	Salad, Potato, 2	201
Salad, Dandelion	198	Salad, Potato, Hot	202
Salad, Endive	198	Salad, Potato, with Nuts	201
Salad, "F. F. V."	198	Salad, Potato Wurtemburg	201
Salad, French Dressing	198	Salad, Romaine Dressing	202
Salad, Fruit	198		

SALADS—Continued

	Page
Salad, Romaine	202
Salad, Russian	202
Salad, Russian Dressing	204
Salad, Roquefort Cheese Dressing	202
Salad, Spanish	202
Salad Dressing	203
Salad, Tomato with Caviare	203
Salad, Tomato Jelly	203
Salad, Tomato with Celery	203
Salad, Tomato French Dressing	203
Salad, Vegetable	203
Salad, Walnut and Peas	204
Salad, Watercress, 1	203
Salad, Watercress, 2	204

SAUCES

	Page
Sauce, Algonquin	169
Sauce, Anchovy	170
Sauce, Anchovy Cream with Cod	170
Sauce, Apple, to serve with Duck	170
Sauce, Asparagus	170
Sauce, Bearnaise, 1	171
Sauce, Bearnaise, 2	171
Sauce, Bechamel, 1	170
Sauce, Bechamel, 2	171
Sauce, Brains, Force Meat	172
Sauce, Bread, 1	171
Sauce, Bread, 2	172
Sauce, Bread, with Onion	172
Sauce, Butter, for Asparagus Holland	170
Sauce, Butter, with Milk	172
Sauce, Brown	173
Sauce, Brown Butter	172
Sauce, Brown Caper	173
Sauce, Brown Gravy	173
Sauce, Brown Sugar	173
Sauce, Caper	173
Sauce, Celery	174
Sauce, Cherry, German	175
Sauce, Cream, 1	173
Sauce, Cream, 2	174
Sauce, Cranberry	174
Sauce, Cucumber	174
Sauces, Custard for Puddings	175
Sauces, Devonshire Clotted Cream	174
Sauce, Diable	175
Sauce, Dutch	175
Sauce, Dutch, for Fish	175
Sauce, Egg Balls	176
Sauce, Egg	176
Sauce, Epicurean	176
Sauce, for Boiled Fish	176
Sauce, for Fish and Lobster	176
Sauce, Fairy Butter	176
Sauce, Foamy	176
Sauce, Force Meat Balls	176
Sauce, Garlic Wine	177
Sauce, German	177
Sauce, German Wine	177
Sauce, Genevaise	177
Sauce, Giblet	177
Sauce, Gooseberry	177
Sauce, Making Gravies, 1	169
Sauce, Making Gravies, 2	169
Sauce, Gravies, Flavoring for	169
Sauce, Hard, 1	177
Sauce, Hard, 2 for Puddings	178
Sauce, Hollandaise	178
Sauce, Horseradish with Beef, 1	178
Sauce, Horseradish with Beef, 2	178
Sauce, Horseradish Butter	178
Sauce, Horseradish Vinegar	178
Sauce, Jelly for Game	178
Sauce, Jelly for Mutton	178
Sauce, Jelly for Venison	178
Sauce, for Lemon Butter	
Sauce, Lemon Brandy for Cake and Custards	179
Sauce, Lemon Syrup	179
Sauce, Maple Sugar	179
Sauce, Maitre d' Hotel	179
Sauce, Mayonnaise	180
Sauce, Melted Butter	179
Sauce, Mint, 1	180
Sauce, Mint, 2	180
Sauce, Montpelier	180
Sauce, Mustard	181
Sauce, Onion for Coloring	181
Sauce, Onion, 1	181
Sauce, Onion, 2	181
Sauce, Onion Juice	181
Sauce, Onion Puree	181
Sauce, Onion with Game	182
Sauce, Orange with Game	182
Sauce, Orange Syrup	182
Sauce, Oyster for Fish	182
Sauces, to Prepare	169
Sauce, to Prepare	169
Sauce, Pepper, 1	182
Sauce, Pepper, 2	182
Sauce, Piquante	183
Sauce, Princess	183
Sauce, Poivarde	183
Sauce, Pudding	183
Sauce, Queen Mary's	180
Sauce, Ravigote	183
Sauce, Robert	184
Sauce, Romaine	184
Sauce, Roux	184
Sauce, Sabyllion	179
Sauce, Sage	185
Sauce, Sevilliane	185
Sauce, Spanish	185
Sauce, Soubise, 1	184
Sauce, Soubise, 2	184
Sauce, Swedish, for Fish	185
Sauce, Tartar	185
Sauce, Tartar, Tomato	185
Sauce, Thickening with Eggs	187

SAUCES—Continued

	Page
Sauce, Vanilla	186
Sauce, Wine, 1	186
Sauce, Wine, 2	186
Sauce, White, for Mushrooms	187
Sauce, White	186
Sauce, Wine, for Saddle of Mutton	187
Sauce, for Wild Ducks	187
Sauce, Yellow	187

SAVORIES

	Page
Savories, Anchovy	122
Savories, Anchovy Sandwich	122
Savories, Anchovy Straw	122
Savories, Aspic Jelly	122
Savories with Bacon	123
Savories with Butter	125
Canape Piquante	125
Canapes, Caviare	123
Caviare on Toast	126
Savories, Crackers, Russian	127
Savories, Cheese and Eggs	125
Savories, Cheese Patties	122
Savories, Eggs	125
Savories, Eggs	127
Savories, Eggs Stuffed	123
Savories, Gascony Butter	123
Savories, Gascony Butter	127
Savories, Ham Butter	124
Savories, Hot Crackers	123
Savories, Hors d' Oevre	126
Savories, Hors d' Oevre, iced	128
Savories, Iced Souffle	125
Savories, Olives	126
Savories, Olives with Anchovies	126
Savories, Olive Custard	124
Savories, Olives and Pate d' Foi Gras	126
Savories, Olives Rolled in Pork	124
Savories, Olives, How to Stone	124
Savories, Oysters Raw	126
Savories, Puff Paste with Bloaters	124
Savories, Salmon, Smoked	128
Savories, Sausage Lyons	128
Savories, Sardine Butter	124
Savories, Sardines	124
Savories, Sardines Broiled	124
Savories, Sardines	127
Savories, Sardines Maitre d' Hotel	127
Savories, Sardines with Cheese	124
Savories, Sardines on Toast	124
Savories, Savory Butter	125
Savories, Scotch Woodcock	126

SOUPS

	Page
Advice about	8
Soup, a la Reine	21
Soup, Artichoke	9
Soup, Asparagus	9
Soup, Bean	10
Soup, Bean, baked	10
Soup, Bean, black	10
Soup, Bread Panada	11
Soup, Brown Stock for	10
Soup, Bouillon	9
Soup, Bouillon, cold	9
Soup, Bouillon and Dumplings	11
Soup, Calf's Head	12
Soup, Carrot	12
Soup, Celery	12
Soup, Chicken Broth	13
Soup, Chicken Gumbo	13
Soup, Clam Bouillon	13
Soup, Clam	
Soup, Clam Chowder	127
Soup, Claret	13
Soup, Cock-a-Leeky	14
Soup, Coloring for	15
Soup, Consomme	14
Soup, Corn	14
Soup, Corn	17
Soup, Corn Chowder	14
Soup, Crecy	15
Soup, Cucumber	15
Soup, Fish	15
Soup, Flemish	15
Soup, Game	15
Soup, Glaze	16
Soup, "Left-overs" for	17
Soup, Milk	17
Soup, Minestrone	17
Soup, Mutton	17
Soup, Mutton broth	23
Soup, Normandy	18
Soup, Onion baked	18
Soup, Oxtail	19
Soup, Oyster	19
Soup, Oyster Chowder	19
Soup, Peas, dried	19
Soup, Peas, green	19
Soup, Peas, old	20
Soup, Pot-au feu Gouffe's	20
Soup, Potato	20
Soup, Pumpkin	20
Soup, Quenelles for	21
Soup, Rice and Tomato	21
Soup, Souffle balls for	21
Soup, Spinach cream	21
Soup, Stock for	8
Soup, Tapioca	22
Soup, Tomato	22
Soup, Tomato, cream	22
Soup, Turnip	21
Soup, Veal	23
Soup, Vegetable	23
Soup, White Stock for	23

THINGS WORTH REMEMBERING

	Page
About Appetizing Stews	336
Articles Needed in Kitchen	341
Antidotes for Poisons	349
Automobile Veil, to Clean	344
Bait for Rat Traps	343
Black Beetles	343
Black Goods, to Clean	344
Broiling	342
Cake Crumbs	334
Canned Fruits	334
Clean Fruits	334
Cleaner for Carpets	348
Cleaner for Rugs	348
Cleaner for Woolens	348
Cleaners	347
Cleaners for Brass	347
Clogging of Sinks	336
Church Suppers	353
Chairs in Kitchen	347
Cold Cream	342
Coffee Stains	336
Colors to Restore	357
Copper, to Clean	342
Dish Towels	351
Drains, to Clean	343
Economy	335
Egg Stains	342
Feet, "Very Tired"	349
French Terms Used in Cooking	335
Flour, to Brown	337
Flour, to Sift	337
Flat Irons	343
Furniture Polish	344
Parsley, to Chop	334
Paste	347
Paint Spots	347
Perfume Bags	348
Perfume for Baths	348
Piano Keys	347
Piano Polish	347
Refrigerators	343
Restore Colors	351
Rules for Health	352
Salt, Uses of	350
Scissors in Kitchen	336
Gelatine	334
Gelatine Granulated	334
Grease Tins	336
Grease on Stoves	336
Hands, Chapped	345
Hair Tonic	349
Herbs Used in Cooking	337
Herbs, Sweet	338
Hiccoughs	349
Hot Plates	334
Iron Kettles, to Clean	334
Ink Spots	349
Javelle Water	345
Keeping Food Warm	337
Kettles, to Clean	343
Kitchen Chairs	352
Lemons, to Keep	342
Leftovers	334
Meats, to Keep	337
Meringues	347
Mortar, to Remove	337
Measure, How to	351
Metals, to Clean	345
Mosquitos, Remedy for United States	342
Old Newspapers	342
Odor from Cabbage	338
Old Glass Jars	337
Onion Juice	348
Oven Doors	336
Paper Bags	345
Seeds, to remove	337
Scrubbing Brushes	342
Scorch Marks	345
Spice Plaster	345
Sting from Bees	351
Shiny Look on Seams	244
Tired Feet, Remedy for	349
Turpentine, Uses for	345
Turpentine, Value of	345
Washing Glass	342
What to Serve with Food	341

TRIPE

	Page
Tripe, to cook	73
Tripe, creamed	73
Tripe, digestive	73
Tripe Cutlets	73
Tripe, fried	73
Tripe and Oysters	73

VEAL

	Page
Veal	64
Veal "Birds"	64
Veal, Breast of	64
Veal, Cream of	64
Veal Cutlets	65
Veal Cutlets with Macaroni	65
Veal Cutlets fried in cream	65
Veal Cutlets with cream	64
Veal Fricandeau of	66
Veal Fricandeau with Spinach	66
Veal Imitation Pate de Foie Gras	67
Veal, Italian Cheese	67

VEAL—Continued

	Page
Veal Liver and Bacon	67
Veal Liver, baked	68
Veal Liver, Braised	67
Veal Liver with cream	68
Veal Liver, Larded	68
Veal and Ham Pie	69
Veal and French Pie	69
Veal Loin, braised	69
Veal Loaf	70
Veal, Minced with Eggs	70
Veal Mock Terrapin	72
Veal Sweetbreads, Asparagus Sauce	71
Veal Sweetbreads, baked	70
Veal Sweetbreads, Cutlets	70
Veal Sweetbreads, fried, 1	71
Veal Sweetbreads, fried, 2	71
Veal Sweetbreads, Havanese	72
Veal Sweetbreads in Oven	71
Veal Sweetbread Patties	72
Veal Sweetbreads, truffled	72
Veal Scallops	72
Veal Spanish Sauce	71
Calf's Brains, to prepare	65
Calf's Brains, baked	66
Calf's Brains, fried	66
Calf's Feet	66
Calf's Head, baked	68
Calf's Head, boiled	68
Calf's Head Terrapin	69

VEGETABLES

	Page
Vegetables	129
Vegetables, Artichokes	130
Vegetables, Artichoke Jerusalem	131
Vegetables, Artichokes Creamed	131
Vegetables, Asparagus	131
Vegetables, Asparagus Creamed	131
Vegetables, Bananas baked	131
Vegetables, Beans, baked	131
Vegetables, Beans, Green, Creamed,..	131
Vegetables, Beans, Green "Snaps"..	132
Vegetables, Beans, Green "Snaps"..	132
Vegetables, Beans, Lyonnaise	132
Vegetables, Beans, Lima, 1	132
Vegetables, Beans, Baked Boston, 2..	133
Vegetables, Beans, to Can	132
Vegetables, Beans, Baked Boston, 1..	132
Vegetables, Beans, Baked Boston, 2..	133
Vegetables, Beets	133
Vegetables, Brussel Sprouts	132
Vegetables, Cabbage boiled	133
Vegetables, Cabbage with Butter	133
Vegetables, Cabbage, Cold Slaw	133
Vegetables, Cabbage Escalloped	133
Vegetables, Cabbage, Hot Slaw	134
Vegetables, Cardoons, boiled	134
Vegetables, Carrots	134
Vegetables, Carrots, German	134
Vegetables, Carrots Glace	134
Vegetables, Carrots Maitre d' Hotel	135
Vegetables, Carrots, sliced	134
Vegetables, Carrots, stewed	135
Vegetables, Cauliflower, baked	135
Vegetables, Cauliflower, boiled	135
Vegetables, Cauliflower with Cheese	135
Vegetables, Celery, fried	136
Vegetables, Celery, raw	136
Vegetables, Celery, stewed	135
Vegetables, Corn, baked	136
Vegetables, Corn, boiled	136
Vegetables, Corn Cake	136
Vegetables, Corn Cakes	137
Vegetables, Corn Chowder	137
Vegetables, Corn, creamed	136
Vegetables, Corn Fritters	137
Vegetables, Corn Pudding	137
Vegetables, Cucumbers	137
Vegetables, Cucumbers, dressed	138
Vegetables, Cucumbers, fried	138
Vegetables, Cucumbers for Fish	138
Vegetables, Cucumbers, raw	138
Vegetables, Cucumbers, stuffed	138
Vegetables, Dandelions	138
Vegetables, Egg Plant	139
Vegetables, Egg Plant, escalloped ..	139
Vegetables, Egg Plant, fried	139
Vegetables, Egg Plant, stuffed, 1	139
Vegetables, Egg Plant, stuffed, 2	140
Vegetables, How to Cook and Use	129
Vegetables, Kohlrabi	140
Vegetables, Leeks	141
Vegetable Marrow, stuffed	161
Vegetables, Mushrooms, baked	140
Vegetables, Mushrooms, baked under glass	140
Vegetables, Mushroooms with Butter	140
Vegetables, Mushrooms, creamed	140
Vegetables, Mushrooms, stewed, 1 ..	141
Vegetables, Mushrooms, stewed, 2 ..	141
Vegetables, Mushroooms on Toast..	141
Vegetables, Okra	144
Vegetables, Onions, baked	141
Vegetables, Onions, buttered crumbs	142
Vegetables, Onions, Bermuda	141
Vegetables, Onions with Cream	142
Vegetables, Onion Custard	142
Vegetables, Onions, fried Devonshire	142
Vegetables, Onions, fried	143
Vegetables, Onion fritters	142
Vegetables, Onions, glazed	143
Vegetables, Onions in Gravy	143
Vegetables, Onions, stuffed	143

VEGETABLES—Continued

Page

Vegetables, Onions, Spanish baked .. 143
Vegetables, Onions, Spanish fried .. 144
Vegetables, Onions, Spanish Maitre d' Hotel 144
Vegetables, Parsley, to dry 144
Vegetables, Parsley, fried 144
Vegetables, Parsnip Balls 144
Vegetables, Parsnips, boiled 144
Vegetables, Parsnip Fritters 145
Vegetables, Peas, Green to cook..... 145
Vegetables, Peas, dried 145
Vegetables, Peppers, to can 146
Vegetables, Peppers, stuffed with Chicken 146
Vegetables, Peppers, stuffed 146
Vegetables, Peppers, stuffed with Sweetbreads 146
Vegetables, Peppers, to prepare for Winter 145
Vegetables, Potato "Anna" 147
Vegetables, Potato Balls 147
Vegetables, Potatoes, baked 147
Vegetables, Potatoes, baked with butter 148
Vegetables, Potatoes, baked, stuffed 148
Vegetables, Potatoes, boiled and cold 147
Vegetables, Potato Cakes 150
Vegetables, Potatoes with Cheese..... 140
Vegetables, Potatoes with Crumbs.. 140
Vegetables, Potatoes, creamed 147
Vegetables, Potatoes, creamed 149
Vegetables, Potatoes, creamed baked 149
Vegetables. Potatoes, new, boiled 148
Vegetables, Potato Croquettes 149
Vegetables, Potatoes, crumbed 150
Vegetables, Potatoes, fried 150
Vegetables, Potatoes, French fried.. 150
Vegetables, Potatoes, fried with Parsley 150
Vegetables, Potatoes, hashed brown..150
Vegetables, Potato Loaves 151
Vegetables, Potatoes, Lyonnaise 151
Vegetables, Potatoes, Maitre d' Hotel 150
Vegetables, Potatoes, mashed 151
Vegetables, Potatoes with Mustard.. 151
Vegetables, Potatoes, princess 151
Vegetables, Potatoes, puff 152
Vegetables, Potatoes, roasted with Meal 152
Vegetables, Potatoes, Saratoga 152
Vegetables, Potato Swiss Pie 152
Vegetables, Potato Snow 152
Vegetables, Potatoes, stewed, 1 152
Vegetables, Potatoes, stewed, 2 153
Vegetables, Potato Souffle 153
Vegetables, Potato Turnovers 153

Page

Vegetables, Potatoes, Sweet, baked, 1 153
Vegetables, Potatoes, Sweet, baked, 2 153
Vegetables, Potatoes, Sweet, boiled.. 153
Vegetables, Potatoes, Sweet, broiled 153
Vegetables, Potatoes, Sweet, candied, 1 153
Vegetables, Potatoes, Sweet, candied, 2 154
Vegetables, Potato Straws 155
Vegetables, Potato Pumpkin 155
Vegetables, Salsify, boiled 155
Vegetables, Salsify Cakes 156
Vegetables, Sauer Kraut, to prepare 156
Vegetables, Sauer Kraut, cooked 156
Vegetables, Steaming 130
Vegetables, Succotash of Beans 155
Vegetables, Spinach Puree, 1 155
Vegetables, Spinach Puree, 2 155
Vegetables, Squash, summer 156
Vegetables, Squash, summer, fried.. 156
Vegetables, Squash, summer, stewed 156
Vegetables, Squash Griddle Cakes.. 156
Vegetables, Squash, winter 157
Vegetables, Tomato Aspic 157
Vegetables, Tomato Bisque 157
Vegetables, Tomatoes broiled 159
Vegetables, Tomatoes Devilled 157
Vegetables, Tomatoes with Eggs 158
Vegetables, Tomatoes with Eggs poached 157
Vegetables, Tomatoes, fried 158
Vegetables, Tomatoes au Gratin 158
Vegetables, Tomatoes, Green, fried.. 159
Vegetables, Tomatoes, Help to Housekeepers 159
Vegetables, Tomatoes, Paste of 159
Vegetables, Tomatoes with Rice 159
Vegetables, Tomatoes, stewed 159
Vegetables, Tomatoes, stuffed with Brains 157
Vegetables, Tomatoes, stuffed with Chicken 157
Vegetables, Tomatoes, to can 160
Vegetables, Tomatoes, to can whole 160
Vegetables, Tomatoes, to can whole 161
Vegetables, Tomatoes, to can whole 161
Vegetables, Turnips and Bread Crumbs 160
Vegetables, Turnips, stewed in butter 160
Vegetables, Turnips, stewed in gravy 160
Vegetables, Turnips, mashed 160
Vegetables, Turnips and Peas 161
Vegetables Marrow, boiled 161
Vegetables, Washing of 130

LIBRARY OF CONGRESS
0 014 489 363 3